

DAY 25

THE POWER OF POSITIVE THINKING

“What I am suggesting is that each of us turn from the negativism that permeates our society, and look for the remarkable good among those with whom we associate. That we speak of one another’s virtues more than we speak of one’s faults, that optimism replaces pessimism, and our faith exceeds our fears. When I was a young man and was prone to speak critically, my father would say: “Cynics do not contribute, skeptics do not create, doubters do not achieve.” - Gordon B. Hinckley

On day 4 we went through the impact of negative thinking on our lives, and we started recognizing first, where this negativity came from and then, we started practicing how to stay away from it. Today, we are going to start reversing that thinking with positive thoughts and creating new experiences in our lives. How exciting! Like food, whether good or bad remains in our body for hours, so our thoughts shape our experiences in life. Everything you are today, the state of your body, your finances, your relationships, your work, your mood, and the present condition of every area of your life is entirely conditioned by the quality of every thought you allow to dwell. Your life now has been formed by your past thoughts and feelings, and your future life will be determined by the kind of thoughts and feelings that you choose to hold from now onward.

As thinking and feeling are a matter of choice, we choose our lives when we choose what to think and to feel. Our environment may remain, but it is our thoughts that will determine the way we experience every moment. One of the golden keys is to stay positive, no matter what. There is always a solution for everything, and if not, at least, it brings us a teaching that we must learn about ourselves. I was not as positive as I am today; I do not remember when I changed. But since I have adopted an optimistic way to see my life, everything changed for good. I have found that people around me

find my enthusiasm contagious or the other way around, annoyed by it. I feel that as long as I am not doing anything harmful or threatening to others, why should I bother with feelings and reactions that people around me are holding towards my positivity?

I have found a way to remain positive when I am around negative people. I stay quiet and do not dwell on others' negative thoughts. If I feel this negativity may affect me at an any given moment, I will say respectfully that it is of no use to me, or just tell myself "that is not the truth." I will share with you a story that happened a few weeks ago. We decided to go to an early show at the cinema on a Sunday that I had a Zumba class later on. I use an iPod to manage my playlists as it only had half charge, and I decided to make it a full charge and connected it to his car's charger before we watched the movie.

On our way back, he was going to drop me off at the sports centre for a run and pick me up at 7 pm. I got in the car and noted that the iPod did not charge, and did not turn on as well. We were half way to the sports centre, so, going back home to get my other iPod meant getting late to the class. I thought that buying a new connection to the electricity supply would be enough, so we stopped at the nearest convenience shop, but they did not have one. I decided to ask somebody at the reception of the sports centre to help me out. Guess what? It did not work. For few seconds, I saw myself apologising for cancelling a class because my iPod did not work. But that was not an option, and suddenly I remembered I had my mobile phone with me, so, I carried on with the class connected to the internet using my mobile phone. It was an incredible experience because I felt the solidarity of those ladies and also their laughter with every free up and down in the volume and the quality of sound from the internet. At the end of the class, I was grateful for their support and everybody had a smile on her face. It was great!

See how a "difficult" moment can turn out differently just because you have decided to use your energy to find a solution and turn things around. To change our lives, we must change ourselves first; change the way we think and the feeling that

accompanies that thought. After we change our thoughts to more positive ones, our daily experience also change; our bodies, work, home, our relationships. It is like a black and white palette, which suddenly becomes a bright multi-colour spectrum. It may seem difficult to get the discipline to change because we have been conditioned by our early years to dwell on negative thoughts. In addition to that, an environment that is not very helpful at all surrounds us; as we said before, it is perceived as plagued by negativity. It is like formatting your old “C-Drive” in your computer and upgrading it to a new operating system. Today, I invite you to start re-programming your mind to a new way of thinking. Consciously choosing thoughts and feelings requires us to recognise what we are thinking and feeling. We certainly are in control of our life, so I suggest you start allowing yourself to become an observer of your thoughts and feelings.

To help you with, I will make a list of the most common feelings below, so you can measure the way you feel:

- Anxious
- Worried
- Lonely
- Frustrated
- Upset
- Disillusioned
- Downcast
- Gloomy
- Downhearted
- Discouraged
- Disgusted
- Depressed
- Desperate
- Despair
- Miserable
- Hopeless
- Helpless
- Irritated
- Annoyed
- Ecstatic
- Triumphant
- Jubilant
- Vivacious
- Elated
- Delighted
- Joyful
- Light-hearted
- Happy

- Pleased
- Satisfied
- Encouraged
- Cheerful
- Purposeful
- Determined
- Hopeful
- Faithful
- Outrageous
- Courageous

By knowing your feelings associated with a particular thought, you will identify whether or not this view is positive. I would like to add a proven law that I had proven myself: You cannot be healthy, wealthy, happy and successful if your disposition is not aligned with those positive states. If you have feelings of depression, arrogance, sadness, criticisms, judgment of others and yourself, feel superior to others, worry, jealous or envy, your life cannot possibly be felt worth living. Even if you do not care about this just now, it will be expressed in a way of body or mental illness.

By choosing the way you think and feel, you open the doors to infinite possibilities that have always been there but you could not see. By controlling your thoughts, you will get to know more about yourself. Today's practice will remain for the rest of this journey, and at some point it will become a conscious habit. You will be changing the negative thoughts that may come to your mind, for positive ones. If you keep this as a discipline, it will become natural for you to do so.

To begin today, I will take this practice from Lesson 1 of the Book of Miracles that teaches how to take the important things in life and change our perception of what surround us. Materials things are just things. Just for today, we are going to say three times – “That door does not mean anything” “that lamp does not mean anything” “That car does not mean anything.” Changing your perception will help you make changes for the better, and then nothing will be the same. Of course, nothing will change magically; but you will be changing and facing difficulties with a better spirit, so the difficulty will shade away. When you apply this law, your condition will change spontaneously. From now on, your challenge will be being on a “Mental Diet;” you

will allow yourself thinking only positive, optimistic, constructive, and kind thoughts. The challenge is avoiding criticising others, self-criticism, pessimism, limitation, sickness, accidents, failure, disappointment, trouble, jealousy, envy, condemnation, or any other non-constructive thoughts. If during our journey you find yourself in situations like the following:

- You are meeting a friend you have not seen for years, and he starts using really negative language. Let him talk, but do not accept his/her words as the ultimate truth, as it is your mental concerns that matters here.
- Suppose you witness an unfair event. Instead of dwelling upon that with indignation, refuse to accept the value of it. If you can do something to change the situation, make your move to help, or move on.
- Stop complaining about the weather and think about something else, if you are not willing to move city or country.

Please answer questions below:

1) Did you find yourself having a negative thought today? What was that thought like? How did it make you feel? What positive thought did you replace this for? Now, how did you feel afterwards? Please do this with as any negative thoughts came to your mind today

2) From above, did you note any change in yourself and in the way you faced any

given difficulty? Please write down the way you felt.

3) From this point, are you willing to take 100% control of your thoughts and feelings? If so, please list below what benefits you expect to see in your life after changing the way you think and feel.

AFFIRMATION FOR THE DAY

Today I believe that every experience in my life has left me with something positive I can take away. I am grateful for my life and everything in it. My life is a blessing, and I am very thankful for all the good I have.