

**AWAKENING THE POWER WITHIN YOU
(Enjoy Your Everyday Thought Power)
Self-Enrichment and Inspirational series ...**

“... for there is nothing either good or bad, but thinking makes it so.” William Shakespeare

Can there be anything more important than our thoughts? Our thoughts create our reality. The quality of your thinking determines the quality of your life.

Thinking is something that is involved in everything that we do; something we engage in every day of our lives. Yet, it is something most of us take for granted, not giving a thought to our thinking process.

As quoted by Blaise Pascal, a French mathematician, physicist and philosopher, “You are today where the thoughts of yesterday have brought you, and you will be tomorrow where the thoughts of today take you.”

The way you feel on a day-to-day basis is determined solely by how you think. Although it is part of the human condition that we should naturally blame other people or our particular life ‘script’ for making us angry, stressed, sad, disgusted, anxious or whatever, in truth it is our thoughts that dictate how we feel and determine our subsequent behavior.

Thought power is the key to creating your reality. Everything you perceive in the physical world has its origin in the invisible, inner world of your thoughts and beliefs. To become the master of your destiny, you must learn to control the nature of your dominant, habitual thoughts. By doing so, you will be able to attract into your life that which you intend to have and experience as you come to know the truth that your thoughts create your reality.

Most people have it back to front in terms of their mind, believing that they feel or think a certain way because of their circumstances, not knowing the truth that it is their thought power that is creating those very circumstances.

The greatest mystics and teachers that have walked the earth have told us that everything is energy. This has now been undeniably confirmed by modern science. Your thoughts too are energy. William Walker Atkinson, an American pioneer of the New Thought movement, told us that “where mind is static energy, thought is dynamic energy – two phrases of the same thing” and Charles Haanel, author of the New Thought book titled ‘The Master Key System’ went on to say that “thought power is the vibratory force formed by converting static mind into dynamic mind”. Your thoughts are alive. Each time you entertain a specific thought, you emit a very specific, corresponding frequency or energy vibration.

The basic premise of the Law of Attraction is that like energy attracts like energy. You attract to yourself those things and circumstances that are in vibrational harmony with your *dominant* frequency, which is itself determined by your *dominant* mental attitude, habitual thoughts and beliefs. Mike Dooley, one of the presenters of the movie ‘The Secret’, fittingly suggests that if you want to know what a thought looks like, just look around you. Keep in mind these three words “thoughts are things”.

The attractive power of any particular thought is determined by how often you have that thought and by the strength of the feelings or emotions associated with it. The more energy you give to a particular thought, the greater its power to attract its corresponding circumstance into your physical world. Your one-off, passing thoughts do not have the same creative power as your habitual thoughts and beliefs.



In the same logic, it is of little use to entertain positive thoughts for just a short burst of time each day if you then proceed to think negative or unwanted thoughts for the rest of the day. A negative thought cancels the benefits of a positive thought and vice versa. Since your reality is the sum total of all your thoughts there are many factors influencing your life. This makes it difficult to directly join the dots between the cause (thought) and the effect (circumstance) but the causation is always there.

It is your subconscious mind that is the storehouse of your deep-seated beliefs and programs. To change your circumstances and attract to yourself that which you choose, you must learn to program and re-program your subconscious mind.

It is important that you learn to be aware of your habitual thoughts and to appropriately adjust them so as to maintain an overall positive mental attitude. However, be careful not to become obsessed with every thought that enters your mind as this would be equally counter-productive. It is estimated that the average person has between 12,000 and 70,000 thoughts a day. This is evidence enough to suggest that your goal should not be to control every thought. It is your *dominant* thoughts and beliefs that you must learn to bring under your conscious control as they are what largely determine your mental attitude. As you do, you will find your random thoughts themselves becoming more positive and more deliberate.

If you caught yourself thinking an unwanted or negative thought, mentally tell yourself “cancel, cancel” and immediately follow it up with a positive statement.

For example, if your spouse works late and did not return your calls, and an unwanted thought came into your mind, “Is he really working or maybe flirting with his secretary in the office?” Immediately, tell your mind to “Cancel! Cancel!” and follow with a positive statement “He is really working hard on the current project and may have to attend to many issues. I need to be a more understanding and supportive spouse.”

Just changing your internal self-talk will have an effect on your mood and your physiology. We have flicked the switch from a pessimistic to a more positive outlook. A change of attitude. You feel better. What have changed is a belief about the circumstances relating to each event.

Thinking is not something that happens to you. It is something that you do. The mind is given to us, we are not given to the mind.

When you tame your dominant thoughts and your random thoughts will follow suit. This also explains why suspicious people are always suspicious of something or someone, and it thus attracts it into their lives.

Your own thoughts relating to yourself are of course merely thoughts. If you believe fervently that they are an accurate description of who you are, then you will conduct your life based on your assessment of your own strength and limitations.

Your life is the perfect mirror of your thoughts, beliefs and dominant mental attitude. Whether you realize it or not, you are already creating your reality through your thought power. Every effect you see in your outside world has its original cause within you. To gain access to the greatest creative power at your disposal, you must learn to control the nature of your habitual thoughts and to align yourself with what you want (the life you sought after), instead of more of what you do not want.

So the key is to actually be aware of your thinking rather than getting caught up in the vortex of continuous thoughts that go on and on, making you feel bad about a situation or your life in general.



It stands to reasons that, you should focus on what you want when your underlying belief is positive; then you should not focus on what you want when the underlying belief is negative. The problem is that we tend to mentally focus on and want those things that we currently have the “opposite” of, and this usually means that there is a negative subconscious belief underlying our current experience that is holding us back from achieving what we want.

There is a simple yet powerful mental focus method that you can use to by-pass a negative belief and it is called “Effective Mental Focus – The By-Product Method”. The trick is to place your mental focus on something that is a by-product of what you want but not specifically what you want. In other words, mentally focus on something that you do not have a specific negative belief about. In a nutshell, think big and keep away from the specifics. As long as your subconscious mind does not have an existing negative or opposite belief to contradict that by-product image, then it will not fight or “sabotage” your attempts. The by-product that you choose to focus on should resonate with you. The less it is related to your existing negative belief, the better it is. Here are some examples for illustrative purpose:

If you have a problem with trust in a relationship, maybe due to past bad experiences or your parents’ hurting experiences, then instead of specifically focusing on a trustworthy partner, focus on having a loving family with your partner and children. Focus on playing games with your partner and children, having fun, laughing and feeling totally confident and at peace. You can go further and see yourself totally at ease as you go about your day-to-day tasks and looking forward to seeing your partner later during the day. If you take notice of this methodology, you are not mentally focusing on the specifics of a trustworthy partner, instead you are focusing on a by-product of having a partner you totally trust, without having your subconscious mind fight your attempts.

If you want to improve your finances, instead of specifically focusing on having more money, see yourself giving it away, whether it means placing your mental focus on donating to charities, or a simple act of buying someone a coffee, but since your specific mental focus is not having money, but on generosity and kindness, your subconscious mind is unlikely to fight you, and may even creatively helps you to see opportunities to bringing in the fund needed.

A By-Product Image can help change your negative beliefs. Basically, you keep your subconscious mind pre-occupied with an image it has no negative belief about, while indirectly transforming those negative beliefs that do not match the new, positive by-product image. The secret to effective mental focus in the face of a negative belief, is to place your focus on something that is a by-product of what you want but not specifically what you want. This keeps your subconscious mind from fighting your conscious mental focus and ensures the creation of your intended outcome, while also helping to transmute your negative beliefs into the positive equivalent.

When you constantly engaged in unhealthy and distorted thinking, it prevents you from achieving a better and healthier life – in all areas. As we become identified with our thinking habits we form neural pathways that leads us down this habitual thought path that results in damaging our confidence, limiting our performance and weakening our mental resolve.

Your thinking can be classified as distorted or unhealthy when, amongst other things you:

- Criticize yourself for past ‘failures’;
- Doubt your abilities;
- Fear future ‘events’;
- Put yourself down;
- Have an expectation of failure.

Life being how and what it is, we set ourselves up for misery if we hold these rigid beliefs about how people should be, things should be, and we should be. The problem is the stubbornness in the beliefs which can only lead to bad feelings.



Your rational self-talk should help you to:

- 1) Concentrate the mind on looking for a solution.
- 2) Minimize the waste of time and draining of energy that you expend on complaining and fretting about the situation that violates the 'should/must/ought/have to' rules.
- 3) Get back to the 'real' world of how things are as opposed to 'should be'.

People perceiving themselves as a failure for having made a mistake and for failing – or for not having handled something well – become reluctant to take chances in the future. Our mind is both our greatest asset and our greatest foe when it comes to fearful situations. This fear of failure combined with procrastination leads to achievements being curtailed by unhealthy thinking. Yet success is often only forthcoming after episodes of failure – thus, we must turn every 'failure' into a learning experience and viewing it as a pathway to eventual success.

When we change our thinking; we change our feelings; then we change our actions; and this changes our life.

Our actions result directly from our thoughts. *If you focus your mind on limitations, that's the path you will go down.* "I'll never be able to do that..."; "I can't spare the time for..."; "I don't think anyone could ever love me"; "I can't seem to do anything right". These self-defeating or self-sabotaging beliefs serve to reinforce our reasons for inaction.

In summary, we are never going to stop all negative thoughts; that would be impossible and undesirable. The idea is to first raise awareness and then reduce the excessive amount of unhelpful thinking that holds you back in life. Our thoughts and beliefs cause our psychological problems. These two things determine how we interpret the world and how we feel every day. Pay attention to the cognitions that make you feel bad and then dispute them. Looking at things from a different angle or in a by-product imagination is not about seeing things in a more positive light, but helping you to create a more positive response. It's also evaluating your self-talk and disputing the irrationality.

Unhappiness is simply the lack of inner joy and has nothing to do with our external condition. The real cause of unhappiness is the absence of joy. Unhappiness is similar to darkness. Darkness is the absence of light. The way to remove darkness is simply to turn on the lights. To find happiness, we must begin an inner journey to recover and remember who we really are, turning our negative and distorted thinking into positive light. By looking inside ourselves, we will discover that the joy, love, power, and peace we are looking for is already there. Those qualities are who we already are!

The thing we waste most of in our lives is our life! The 'ripple effect' is at work all the time. When we change our thinking from unhealthy to good and productive thoughts, it changes our behaviour and the situations we are in, and it impacts on the people with whom we come into contact. We make a difference in life even if we have not pursued what we wanted to do. There is always time to change your future. Here in the present. Change your thinking – change your life – and be blessed with a wonderful life!

Your Joy is Truly My Inspirations and Your Success is My Greatest Reward!

Your Favorite Author & Speaker – Peter Ng