

Mind Over Matter-Using the Power of Your Thoughts to Influence Your Life

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The power of the brain is infinite. Your subconscious mind works on the information that you feed it. Once your subconscious gets a message, it attempts to connect you with the people and events needed to create that reality.

What you think about in your subconscious will actually draw people and events to you, through your reactions to the thoughts. Your subconscious does not operate from a standpoint of a good or bad choice. It only works to create your reality based on the messages you send it.

Your messages are not just your thoughts. Everything action you take, word you say or thought you believe is picked up by your subconscious mind. Just thinking you can do or achieve something does not make it happen. It simply creates a positive awareness that begins to show up in how you think, feel and act. This energy is sent out to those you encounter and they too, begin to see the possibilities.

Whatever your mind can imagine, it can bring into your awareness ways to make that happen. This is because whatever your mind thinks, feels and believes is routed through your subconscious. It works to develop that reality based on your thoughts.

Active thinking requires positive thought reframing. By focusing on the positive, you shift your mind's attention, to see things from another perspective. This sends a different energy and message to your subconscious. The new message is picked up and creates a new awareness, that when acted on, will attract those kinds of situations to you.

You are now looking for them to happen. It is much like a self-fulfilling prophesy. You expect to fail and it shows in your attitude and actions. This does not evoke a feeling of confidence from you and others will sense it too. This "projection effect" helps to bring the action into reality.

When you focus on success and achieving your goals, other people will begin to see the potential in you too. They are now looking for it, expecting it. You will begin to attract positive situations into your life.

Remember the last vehicle you purchased? You probably never noticed how many were on the road before you got yours

and now you see them everywhere. Has there been a sudden increase in your make of car, or have you just begun looking for and paying attention to what was already always there?

By raising your awareness of the things or situations you want, you will begin to be drawn to them. It has to do with the mind's selective awareness. The brain filters much of what you take into your awareness. Often you miss things because you were never looking for them. On your path home, pick a common object and begin looking for how often you see them. What new things will you observe, simply because you are now looking for them?

Begin to look for success, positive people and opportunities. Create awareness about what it takes to achieve your goals. Think about it regularly and most importantly, act on those thoughts. You will naturally pull those things into your awareness.

Which does your mind dwell on—the part of your glass that is full, or the part that is empty? Always thinking about what you don't have or are not good at will lower your productivity, efforts and enthusiasm.

At all times, there are good and bad things happening. Which are you looking for? The subconscious mind will help you find what your thoughts are "seeing" by looking for them.

You will begin to see positive aspects in other people, when you first focus on your own positive qualities. Turn your attention to what you have done, your strengths and blessings. This unleashes creative energy and empowers you to excel further.

This shifts the entire focus of your thinking and will create positive energy around you. This energy attracts people because you now act confident and successful. In turn, people will have more confidence in you. Creating this positive energy is vital to your success and happiness. Don't waste your energy living with a negative thought life.

Negative thoughts equal a negative reality. Allow yourself to be encouraging and positive to those you meet. Doing this gets your mind going in a positive direction, thus attracting more positive situations. When you back it up with action, you complete the positive cycle and begin to pay forward this same positive energy. Start today and begin developing a positive lifestyle so that you may enjoy the life you have created.