

It is all in your mind

By Rev. Toni Brasted, Ph.D

"As you think, shall it will be"

During a recent study involving research analysts, metaphysicians, scientists, as well as a diverse group of religious advocates, all members came to the same conclusion:

"For the first time in our history, we can now agree, there seems to be just one 'secret' which can actually create what we desire."

These experts are all pointing to the discovery that there may be one common 'secret' that is behind the creation of everything in our lives. Whether we want to become wealthy, achieve perfect health, find the right mate, or experience true peace and happiness, can it be that researchers may have found the one 'secret' to having anything we desire?

Our thoughts have a power of their own. If we can understand and utilize them properly, we can accomplish a lot more in our lives. Our thoughts and our state of being go hand in hand and together they create the experience we call life.

It is important to look at your own negative mind states so that you can recognize them. You must learn to see how you create personal suffering by holding a negative attitude toward the events and circumstances of life. If you don't become conscious of how you do this, then, you will do it unconsciously and you won't understand why your life is difficult. You will blame others for your problems: your parents, your spouse, your children, your boss, maybe even God.

We all need to take responsibility not just for what we do, but for what we think. I ask you to understand the power of your thoughts to create negative emotional states, from which ill-considered actions arise. For example:

Close your eyes and think the thought "Nobody loves me" pay attention in your body. Bring your awareness to your heart. How does it feel? Just the thought of being unlovable, makes you feel disconnected, envious of others who seem to have love in their lives. If you keep the thought and consequently the feelings; your emotional state will lead you to the subsequent emotional state of hostile actions, which will push others away. The thought "Nobody loves me" becomes a self-fulfilling prophecy. By thinking this thought, feeling unloved, and acting in a hostile way toward others, you separate yourself from the very love that you want.

How do you know if your negativity is driving your life? Awareness is the key. Next time the thought "Nobody loves me", or "I do not have enough money" or "I am not good enough" comes into your mind, please be aware of it. If you find yourself becoming depressed, please be aware of it. If you speak or act in a way that separates you from others, please be aware of it. Don't judge yourself or try to change anything, just bring it into your awareness. Acknowledge your thought and let it go with no

judgment. Just become aware of how your negative mental and emotional states create suffering in your life. See how your negativity becomes a self-fulfilling prophecy.

"We project our awareness into the universe. Every thought you have is felt by everything in existence" - Dr. Deepak Chopra, M.D.

As you become aware of how your thoughts and beliefs push you away from the fulfillment of your dreams and desires, it will be easier for you to take responsibility for it. You will begin to tell the truth to yourself. When the thought "Nobody loves me", or any other negative thought comes into your mind, you will recognize it and reword it in a more truthful and responsible way, as an example, "I see that I am not feeling loved right now."

Apply this same concept to any other negative thought. When thoughts of fear and doubt arise in your mind, you either entertain them or you don't. If you entertain them, you will end up believing that someone, or something else, is responsible for your unhappiness and you will feel powerless to change it. If you don't entertain negative thoughts when they arise, you will remind yourself again and again that you are responsible for everything you think, feel, and experience. If you want a different experience, you must choose a different thought.

Correcting your thought patterns will correct any deficiency in your life. Dr. Deepak Chopra talking about his "Magical Mind, Magical Body" tapes program (which I would highly recommend to everyone interested in understanding the mind-body connection) says:

"Your body is a 3-D projection of your current state of mind. Your slightest shift of mood is picked up by every cell, which means that you do not think with your brain alone – all 50 trillion cells of your body actively share your thoughts."

If a single thought can change, modify, improve or affect in many different ways all 50 trillion cells of our body and if "Every thought we have is felt by everything in existence", can we afford to continue be unconscious of our thoughts? Although being aware of our thoughts might be a little scary, it also opens the doors for infinite possibilities and gives us the chance to be the co-creators of our reality.

Good luck!