

Baxi Nishant

The Power Of Positive Thinking

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Аннотация

Positive thinking is an attitude that admits into the brain thoughts, words and pictures that are conducive to development, expansion and success. It's an attitude that expects great and favorable results. A positive mind expects happiness, joy, health and a successful result of each situation and action. Whatever the brain anticipates, it finds.

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**The Power Of Positive Thinking
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Foreword

Positive thinking is an attitude that admits into the brain thoughts, words and pictures that are conducive to development, expansion and success.

It's an attitude that expects great and favorable results. A positive mind expects happiness, joy, health and a successful result of each situation and action. Whatever the brain anticipates, it finds.

Not everybody accepts or believes in positive thinking. A few consider the subject as simply nonsense, and other people scoff at individuals who believe and accept it. Among the individuals who accept it, not many know how to utilize it effectively to acquire results. Yet, it appears that many are becoming pulled in to this subject, as demonstrated by the many books, lectures and courses about it. This is a subject that's gaining popularity.

It's rather common to hear individuals state: «Think positive!» to somebody who feels down and worried. Most individuals don't take these words earnestly, as they don't know what they truly mean, or don't consider them as useful and effective. How many individuals do you know, who stop to think what the power of positive thinking means?

Chapter 1:

The Power of Thoughts

Synopsis

Think about certain events in your lifespan, and attempt to recall what mixture of thoughts you often had, prior to a specific event occurring. Attempt to discover the affiliation between your thoughts and the events.

How many times did something occur in your lifespan and you stated:

«I knew this was going to happen.»



The Might Of This

Our overpowering thoughts govern our behavior and attitude, and accordingly our actions, our spirit, and the people around us. As our thoughts are, so are our lives. This signifies that it's of large importance to be cautious with our thoughts, especially ideas that we frequently replicate.

Ideas are like a videocassettes that we play in the VCR of our brains. What we play, is what we view with our internal eyes. What we visualize in our brain is what we think of. The thoughts that we repeatedly think mold our lives. So to make modifications in our life, we must make modifications in our thought process. It's essential to modify our thoughts. It's like ejecting a videocassette and bringing in a new one that we like better.

The new mental videocassette will sooner or later modify our behavior, actions and attitude, and draw into our lives people, situations and events matching with our thoughts. An individual thought isn't strong enough to cause a change, but if the same thought is replicated frequently, it eventually acquires force.

A thought that's frequently repeated acquires a foothold in the subconscious mind, and from there it bears upon our lives and even our surroundings. The great thing about this process is that

we do not need to strain or overexert ourselves to make it occur. All we are required to do is to pick out a thought that we would like to come true, and begin repeating it.

Pretend you're timid in the company of others, and you would like to change this situation. Driving yourself to communicate with others

doesn't work all of the time, and could make you feel uncomfortable and act awkwardly. It's better to visualize that you're feeling surefooted and communicating fluently with others. This is equivalent to daydreaming, and is a simple and enjoyable natural process. This is a mental activity, which is rather easy and doesn't require effort. This is a kind of a practical daydreaming, a method of utilizing the power of thoughts creatively and intentionally.

It's really similar to ordinary daydreaming, however with some small deviations. Visualize yourself conversing fluently, with ease and confidence. Think how the words just stream from your mouth, how you love verbalizing, and how everyone pays close attention to every word you say.

You are able to fabricate in your head a perfect aspect of whatsoever you would like to accomplish. Invest a large amount of detail, colors, sound, fragrance and liveliness into

these mental pictures. If you repeat them often with trust and attention, the subconscious mind will admit them as actual experiences, and in a most natural way will make any required adjustments to make your reality fit your inner visualizations.

You are able to overpower habits and build new ones, develop new skills and powers, and even alter your conditions and accomplish anything that you really want. The ability of thoughts can assist you in developing a new line of work, amend your relationships, pull in extra income or improve your life.

All this doesn't occur overnight. It demands time, and depends on how earnest you are in your efforts, and on how much time and concentration you put into your new way of thinking. This is mental

work, but this doesn't signify that you remain passive and wait for things to occur. You want to maintain an open mind and be willing to take action as necessary.

Decide what you desire to acquire or accomplish, and begin thinking of it frequently throughout the day, or at several particular times throughout the day.

These reoccurring thoughts would ultimately get stronger, and bring in inner and outer modifications. The ability of ideas is

real power. You've surely applied it numerous times without realizing it. Once you know how it operates and how to apply it consciously, you acquire the ability to transform, improve and rule your life. Discover how to apply the power of thoughts and visual image to achieve success.



Chapter 2:

Views, Feelings and Success

Synopsis

Repeat out loud the word «success» several times, and make an observation of how you feel. Depending on your mental and emotional composition, and on the vibe of the moment, there are two possibilities. You might become inspired, delighted and joyful, or brokenhearted, distressed and bitter. In the latter example, you might begin telling yourself how miserable you are, and that success isn't for you.

It might sound unusual, but thoughts about success may conjure up negative feelings. People who have thought about negative ideas and feelings nearly all of their lives, await failure and don't feel noble of success. If they've underwent lack and hardships, they think that success isn't meant for them. In these instances, everything affiliated with success could call forth negative feelings.



The Way We Perceive

Your thoughts and beliefs can attract or repel success. They regulate your feelings and outlooks about success or failure. Ideas too frequently, come and go and switch focus like the wind. They shape your head the same way that the wind moves the direction of a flag.

One moment the flag might be batting this direction, and moments later in another way. One moment you may be thinking in this way, and a second later in a different way. Once your thoughts, feelings and tempers become steady and under your

dominance, your life also becomes under your control. You become the determining factor, not outside influences or passing tempers.

In order to contain your thoughts, feelings and tempers and navigate your life, concentration and self-control must be acquired. Concentration and self-control act as the steering wheel of your life, with which you are able to pilot the boat of your life in the direction of success and achievement. Your overriding, habitual views and beliefs decide whether you'll achieve success or not, and whether you'll feel satisfied upon realization or not.

This means that you've got to be more mindful of your views and beliefs. It's crucial to learn to be more positive, less critical and less worried. Then, once success is achieved, you are able to bask in the happiness of realization.

Views, mental attitude and habits can be modified. The modification doesn't happen overnight. Some inner work is essential. Forever remember that positive views and beliefs make you happier and more

receptive to success. As well, remember that a positive disposition contributes the ability to enjoy success when it arrives.

Take it as a challenge, make your views and beliefs high on your priority list making sure to direct extra attention towards them. Determine what types of views you believe and what type of feelings you generally undergo with them.

If they're positive thoughts and feelings of success that is all right, however if your thoughts and beliefs are about failure, sadness and dissatisfaction, then you must do something to change them.

How come people hope for success? There's a want for development in every one of us. It's the cosmic need for expression and expansion. It manifests itself in every figure of life.

We encounter it all over, even in a blade of grass, whose hope is to mature to be strong, that it might even grow on surroundings or through a split in the concrete. The need for success is the internal natural want for development, expansion and expression.

Success is the recognition and accomplishment of projects, hopes or intentions. It's the positive consequence of your actions. It may lead to additional money, a securer job, better relationships, acquiring a wanted object, discovering the perfect partner, acquiring a beneficial reputation or the realization of any

dream. Success isn't restricted to material objects.

There's also mental and spiritual success, such as having good grades or making progress in self-reformation or spiritual growth. People oftentimes believe that success will fetch them the satisfaction and

gratification they want. Occasionally it does and occasionally it doesn't. Gratification and happiness are more depending on inner attitude and not so much on outside circumstances.

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