

TRANSFORMATIONS

Transforming Your "Thoughts" to Enhance the Quality of Your Life.

By Pamela Bell

Last month's column was titled: Thoughts, Words and Silence: Your Three Most Influential Assets. I spent the entire article on the topic of Silence because I felt its importance worthy of such coverage. This month's column I will discuss the power of our "thoughts" to transform not just our own life but the life of those around us.

Let's take a close look at "thought". Thought or the ability to think is what makes us human and more sophisticated than any other living species. We think therefore we are! It is a special privilege and a gift to have this ability bestowed upon us. It is sublime to look at the world around us and to acknowledge that everything we see of an industrial or manmade nature was preceded by a single thought! Pause for a moment and take notice of this incredible reality: the houses we live in; the highways we travel on; jet airplanes; automobiles;

rockets to the moon; the idea that we could get to the moon in the first place! irrigation; desalination plants; elevators;

roller coasters; art; music; indoor plumbing; bottled water. The list goes on and on of the everyday things we take for granted that would not exist without the ability to first visualize the possibility in the mind's eye.

So if we are capable of such inventions as the Golden Gate Bridge, the Panama Canal, Planetary Travel and worldwide communication via the Personal Computer, then what are we not capable of? Anything that we don't have or don't know we don't have, has simply not been thought of yet and from this perspective we are capable of everything! Our thoughts are powerful and just as we can

use them to create life-changing inventions for mankind we can also use them on a more personal level to trans-

form our everyday lives.

Where do you spend your time in thought? Is it in Fear? Worry? Degradation of self or others? Are your thoughts of lack or abundance? Do you view your world as a rich and wonderful place to be or as a place of pain and suffering, as if life is something to endure? Or maybe you are so busy you "don't have time to think" as we often hear people say.

Where you place your energy in thought is essential to reflect upon because what we think about is what we create for ourselves. If our thoughts are based in lack and limitations we will create a very different scenario than if our thoughts are rooted in love and abundance. Thankfully we have the ability to create rich and meaningful lives simply by changing the way we think.

Don't let me mislead you however, changing the way we think is not an easy task. Our conditioning runs deep but our desire to overcome and to realize our full potential is as old as man himself. With intention, discipline, patience and possibly some direction, we have the power to make the shift toward a more peaceful way of thinking.

Take a moment to ask yourself these questions: In what way can I change my thoughts to improve my life? In what way is my thinking holding me back from doing the things I really want to do? Using my thoughts as a tool, how can I move from a place of fear to a place of love? Thoughts are a tool and learning how to use them to your advantage is kin to any crafts-

man and his tool: a carpenter for example can use his hammer to build a beautiful and solid foundations from which to grow or he/she can rip that very foundations apart. For some the best place to start getting acquainted with your tool is called "acting as if." This is where you act as if you are capable of great things, even if you don't yet believe it. After a period of time you will begin believing this is true just as you adopted the inappropriate idea that you were limited in some way.

Our thoughts affect not only our individual lives but also the totality of life around us. Seeing how we are all interconnected (plants, animals, man) and of the same biological makeup, than what we emit is what we collectively share. It is our responsibility and I believe deepest desire, to at least attempt to leave this world a better place than which we found it. To know that we made a difference, that our presence in some way contributed to the betterment of our fellow man and future planet. Paying attention to the quality of our thoughts is the best place to start in achieving this end.

"To accomplish great things, we must not only act, but also dream, not only plan, but also believe."

Anatole France

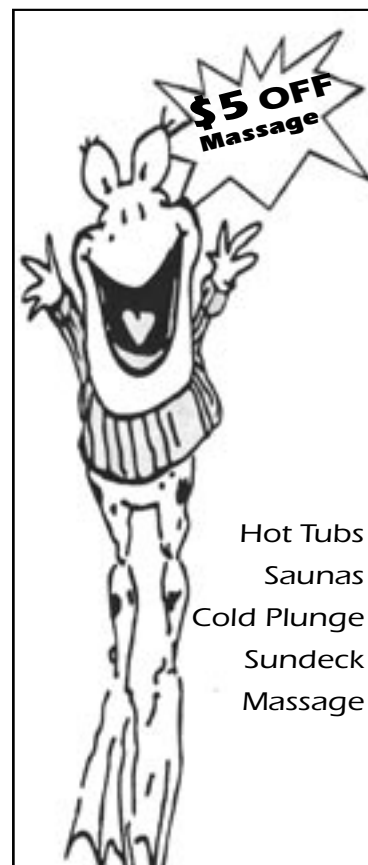
SPIRIT, MIND & BODY

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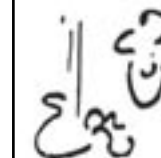


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