

## Positive Thinking

What is it and why should we try to increase it in our lives?

We all have thoughts. Every minute of every day, even when we feel we don't because we just 'blank' our minds, underneath it all, we're all having thoughts.

Our thoughts can be repetitive or leap from one point to another without any seeming connection between those points. There is always a connection, no matter how tenuous it seems to our conscious mind, in the vast store house of our subconscious mind there is a definite connection.

When our thoughts are negative, that is when we have thoughts that we judge as 'bad,' we damage our health. What do I mean by 'bad' thoughts? Well let's look at the scenario of someone having to stand up in front of two hundred people. Now someone who is terrified of public speaking will have thoughts like 'I'll make such a fool of myself' or 'I'll never remember what I have to say' or 'people will be bored listening to me because I have nothing of interest to say'. We could of course find many different examples of how someone might have 'bad' thoughts about speaking in front of a crowd of people.

The important thing is that the thoughts come from us, nowhere else and if those thoughts cause us to feel in some way uncomfortable, sad, angry, fearful or anxious, we are doing it to ourselves.

In just the same way another person who has to speak in front of two hundred people might think things like 'I can't wait, it'll be such fun!' or 'They'll love what I have to say and be really interested and intrigued' and again there are as many positive thoughts as there are people.

Just as when we make judgements about things that make us feel bad, when we judge the same things to be 'good' and we 'feel' positive emotions, we are still causing those feelings ourselves. So ask yourself this, if we control our thoughts and they can make us feel good or bad, why would you want to think the 'bad' ones?

As we affect our health by the thoughts we think doesn't it make sense to think positive ones? Yet not everyone can easily think positive, it's as if their positive thinking muscles are flabby and need toning up, so that's just what we're going to do!

### The Tools

The tools we're going to work with are simple yet incredibly powerful. Incorporate them into your everyday life and you will reap the benefits because these tools combine the best of ancient wisdom with the backup of the most exciting modern research.

To help remove the sting of repetitive harmful thoughts we're going to use EFT.