

The Power of Positive Thinking| Positive thinking thoughts| Positive thinking quotes

Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results. **A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action.** Whatever the mind expects, it finds.

Not everyone accepts or believes in positive thinking. Some consider the subject as just nonsense, and others scoff at people who believe and accept it. Among the people who accept it, not many know how to use it effectively to get results. Yet, it seems that many are becoming attracted to this subject, as evidenced by the many books, lectures and courses about it. This is a subject that is gaining popularity.

It is quite common to hear people say: "Think positive!", to someone who feels down and worried. Most people do not take these words seriously, as they do not know what they really mean, or do not consider them as useful and effective. How many people do you know, who stop to think what the power of positive thinking means?

The following story illustrates how this power works:

Allan applied for a new job, but as his self-esteem was low, and he considered himself as a failure and unworthy of success, he was sure that he was not going to get the job. He had a negative attitude towards himself, and believed that the other applicants were better and more qualified than him. Allan manifested this attitude, due to his negative past experiences with job interviews.

His mind was filled with negative thoughts and fears concerning the job for the whole week

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before the job interview. He was sure he would be rejected. On the day of the interview he got up late, and to his horror he discovered that the shirt he had planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a shirt full of wrinkles.

During the interview he was tense, displayed a negative attitude, worried about his shirt, and felt hungry because he did not have enough time to eat breakfast. All this distracted his mind and made it difficult for him to focus on the interview. His overall behavior made a bad impression, and consequently he materialized his fear and did not get the job.

Jim applied for the same job too, but approached the matter in a different way. He was sure that he was going to get the job. During the week preceding the interview he often visualized himself making a good impression and getting the job.

In the evening before the interview he prepared the clothes he was going to wear, and went to sleep a little earlier. On day of the interview he woke up earlier than usual, and had ample time to eat breakfast, and then to arrive to the interview before the scheduled time.

He got the job because he made a good impression. He had also of course, the proper qualifications for the job, but so had Allan.

What do we learn from these two stories? Is there any magic employed here? No, it is all natural. When the attitude is positive we entertain pleasant feelings and constructive images, and see in our mind's eye what we really want to happen. This brings brightness to the eyes, more energy and happiness. The whole being broadcasts good will, happiness and success. Even the health is affected in a beneficial way. We walk tall and the voice is more powerful. Our body language shows the way you feel inside.

Positive and negative thinking are both contagious.

All of us affect, in one way or another, the people we meet. This happens instinctively and on a subconscious level, through thoughts and feelings transference, and through body language. People sense our aura and are affected by our thoughts, and vice versa. Is it any wonder that we want to be around positive people and avoid negative ones? People are more disposed to help us if we are positive, and they dislike and avoid anyone broadcasting negativity.

Negative thoughts, words and attitude bring up negative and unhappy moods and actions. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

Practical Instructions

In order to turn the mind toward the positive, inner work and training are required. Attitude and thoughts do not change overnight.

Read about this subject, think about its benefits and persuade yourself to try it. The power of thoughts is a mighty power that is always shaping our life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange give it a try, as you have nothing to lose, but only to gain. Ignore what others might say or think about you, if they discover that you are changing the way you think.

Always visualize only favorable and beneficial situations. Use positive words in your inner dialogues or when talking with others. Smile a little more, as this helps to think positively. Disregard any feelings of laziness or a desire to quit. If you persevere, you will transform the way your mind thinks.

Once a negative thought enters your mind, you have to be aware of it and endeavor to replace it with a constructive one. The negative thought will try again to enter your mind, and then you have to replace it again with a positive one. It is as if there are two pictures in front of you, and you choose to look at one of them and disregard the other. Persistence will eventually teach your mind to think positively and ignore negative thoughts.

In case you feel any inner resistance when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.

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It does not matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. It may take some time for the changes to take place, but eventually they do.

Another method to employ is the repetition of **affirmations**. It is a method which resembles creative visualization, and which can be used in conjunction with it. It is the subject of another article on this website.

The other articles at this website, about the power of concentration, will power, self-discipline and peace of mind also contribute to the development of a positive mind, and are recommended for reading and practicing.

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