

Negative

Do you like to be around and spend time with a negative person? Are you a negative person? Is your glass half full or half empty?

Right now, January 2009, there seems to be more negativity than usual. It is because of the economy, the stock market falling, companies closing, companies reducing their workforce, mortgage foreclosures, and an economic outlook that yells recession.

The newspapers and the news stations thrive on the negative and the sensational stories. As a society, we do not like it, but we do read it and we do tune in to listen.

No, you cannot always change the facts and what is happening in your world. You can change how you react to what is happening. You have freedom of choice in your response to each and every situation. Often, the reaction is automatic based on the training of our subconscious mind. If negative, then we need to retrain ourselves.

The challenge is to see the positive rather than the negative. There are always two sides, and a choice we can make as to how we see and interpret something. We can see the glass as half full.

Last week we looked at being fired, or laid off, and the positive side of that.

Negative thoughts hurt us mentally and physically, as well as use up our energy. Our negativity can make us sick and is reflected in our personal relationships.

A negative attitude will never get you hired, nor will it allow you to build a positive relationship with another.

In many respects, we are like a radio station emitting a vibration that others pick up subconsciously. We pick up the vibration ourselves from others. That is part of the liking or not liking someone when we meet them. It is the signal the person is sending out.

We have a choice. We can dwell in the negative area of our mind and use our energy on the negative, or we can dwell on the positive side and use our energy in a positive manner. We are always thinking and always using our mind.

Use the positive area of you mind. When negative, gently remind yourself and try to refocus on what the positive aspect of the situation can be.

If you have been fired, laid off, hurt, or have lost a lot of money, you can still reflect on the positive side. You may still be able to work, you may still have your health, you may have time to focus on what you truly want to do, and you may realize the negative was a positive and helped you to move forward towards a goal you had ignored.

Often when a relationship ends, the hurt and the negative feelings can change to positive ones when the space is created and a more beneficial relationship shows up.

We need to release what is not working, what is negative, in order to make space, make room for the good, the positive to come into our lives. Don't hold to the negative that is not serving you, but let it go and focus on the positive.

You can change your mind in an instant. It is your thoughts and your focus that manifests itself into you physical life. Change the inside to positive and over time you will find your physical life will become more and more positive.