

## THOUGHT

We are our thoughts.

We do what we think. We are what we do. So, if our thoughts are what we do, our thoughts guide us.

Our thoughts are our beliefs and our truth. Hence, different people have different truths, even on the same subjects. It's not that one is right and one wrong. Each is right based on how they view it.

To change your life, change your thoughts. It's that simple, or that difficult.

The problem is the conscious vs. the subconscious mind. The subconscious mind is ninety times more powerful than the conscious mind. Think of the rider and the elephant. The rider is the conscious mind and thought. The elephant is the subconscious mind. Which is bigger? which has the most control?

The rider, consciously thinking, is no match for the elephant. If the elephant, the subconscious, has a different belief, the elephant is going to win. Hence, the conscious mind wanting to lose weight but being unable to do so. The issue is the subconscious mind that feels fat, likes being fat, and will be sure you eat that donut.

Our thoughts are our happiness or lack thereof. Our thoughts are our abundance, not the money we have. People can be happy with or without money. Money buys things, but not happiness. Money doesn't even buy the feeling of abundance.

Most of our thoughts are endless tapes, the same thoughts running over and over again in our minds. We tell ourselves the same stories all the time. If the stories do not change, we can't expect our life to change. Our life is our thoughts. The same thoughts produce the same life. It's that simple.

If we are not happy with what is right now, we and only we, can change it. The first step is to change our thoughts. There is always more than one way of looking at a situation. What's the positive? What's the part that can help me? How can I view it differently.

Remember the story of the little boy who at Christmas found a 'deposit' by the tree? He said, "if there's a 'deposit' there must be a horse somewhere!"

If we stop and take a breath, we can find another angle from which to view things. In every problem or adversity there is an opportunity. You can't find the opportunity if you keep looking at the negative side and repeating it.

Look closely at your life. Can you remember a situation that you thought was not good and you had negative thoughts only to see later that it led to something better? We all

have. In the moment of a bad or negative thought, we also need to reach for the positive side of that thought. Where is the advantage, the light at the end of the tunnel?

Look for the good thought, live from the good thought, and the good thought will make your life brighter and more fulfilling.