

Thoughts

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The content of our thoughts is important. As simple and commonplace as that idea may seem, mastering what we think is probably the most difficult task we will ever accomplish. Yet, it is the very key to success, happiness, and all the other wonderful states of being we deserve. “As a man thinketh in his heart, so is he.” (Proverbs 23:7) Starting with the Bible, we will find all manner of references in literature to the significance of our thought process. The whole idea is that we can create the life we want by merely consciously and consistently thinking what we want (power of intention). Whether you read Wayne Dyer, Napoleon Hill, Norman Vincent Peale, Neale Donald Walsch, Mother Theresa, the Dalai Lama, or any other author who proclaims this Truth, the message will be basically the same: our thoughts are more powerful than we ever give them credit, and they create our reality!

If such a simple concept is so monumentally influential in the quality of our lives, why is it that it is so difficult to master? The answer is just as simple. We learn at a very young age to compare ourselves, to compete, or to beat ourselves up in a myriad ways. And we learn this from the adults around us! “*No, you can’t, you aren’t, and you won’t*” become the staple, formative messages we get. Not knowing any better, we internalize this and perpetuate them. Surely, it is not our fault we have bad, self-defeating, or negative thoughts as adults. Wrong! If we are going to be fully responsible for our lives—as we are—, we must take on that burden. We ARE the product of our thoughts. The world we live in is the result of our thoughts.

Scary, huh? The answer IS frighteningly scary. (Pardon the redundancy, but it is quite apropos.)

So.....how can we make a change in our lives, in that of our children, and for the future of the world? (I could focus on the negative thinking and lousy patterns by which we live, but that would defeat my purpose.) Instead, I will dwell on the spirit of my personal journey, which has been a struggle-gargantuan at times—but which has brought (and continues to bring) ineffable rewards. I am no Pollyanna, but I have discovered that I CAN chart the course of my life by the mere content of my daily thinking.

Unequivocally, the content of our thoughts determines the excellence of our lives. Moreover, we create our reality every day by the mere quality of our thoughts. If we wake up in the morning worried or fearful about a situation or event, for instance, by allowing ourselves to stew in the worry and fear, our minds will produce and enhance the bleak story playing in our heads. Sadly, that will set us up to have a miserable day because everything will go awry as the Universe fulfills our desires. Sounds ridiculous? It isn't! Think about it and be honest with yourself. However, if we acknowledge the bout of "stinking thinking" and deliberately CHANGE the way we think, we have the power to turn the day around! Just try it! It will be arduous at first, but as you develop the habit, it will become easier and easier UNTIL it becomes automatic—like all habits. It helps me if I start the day by uttering, "Thank you, God" first thing in the morning. I keep repeating it until I feel the smile in my heart reflected on my face. A grateful heart is one of the most uplifting states of being! What a great way to start the day!

Major reprogramming of my brain has been my focus for the last decade or so. Until then, I had been stuck in the mire of worry, fear, and doubt, only to bring about more of the same, of course. I could write a book about the ways my life has changed since I made a decision to police my thinking and learned to consciously set intentions, but I will stick to the point I want to make. People like Rev. James Trapp, Wayne Dyer, Dan Millman, Deepak Chopra, Gandhi, Mother Theresa, the Dalai Lama, amongst many others have been my mentors. Truth be told, their lives are beacons and paragons of the power of positive thinking. I have learned from them to seek and to keep close to me those who are affirming of themselves and others, those who acknowledge the darkness but who refuse to be consumed by it, those who look at the rain but see the rainbow, those who have the courage to look within and make radical changes to they can be better stewards of the future.

The only way we can make life and the world better for our children, is to take the bull by the horns and become apprentices of the silver lining. In learning, practicing, and embracing the power of positive thinking, we imprint a change that will register in our children and in our children's children. Only by modeling will they learn from us. Thus, the next time meanness is about to slither out, we should stop and consider the effect it will have before it becomes

irretrievable because its nastiness and negativity will ripple out throughout time and space indefinitely.

So will kindness and positivity.

Are our children plagued by negative attitudes? Then, it would behoove us to take a good, long, and honest look at ourselves. Our kids do as we DO, not as we say! Will it be painful? Absolutely! But it will be the first step of a deeply rewarding journey to a new life and of things we only imagine possible in our dream! We ARE the creators of our reality. A positive spin truly turns woes into grins.

In the Christian traditions we are taught from a very early age that we are “created in the likeness and image of God.” Yet, we seldom stop to think about the power that statement hold. Therefore, the might that lies within us is beyond our comprehension. The good news is that we can co-create a better reality by deliberately deciding to tap into our godly potential and in doing so, change ourselves, our children, and ultimately, the world.

I commit.