

Mind Your Mind

By Remez Sasson



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Preface

This book includes ten articles about the various inner powers and skills that can help you achieve success and peace in your life.

I hope that the articles will inspire, motivate, and help you to improve your life.

Feel free to share this book with your family, friends and colleagues.

If you wish to learn about achieving success, positivity and inner peace in your life, please visit www.SuccessConsciousness.com.

For more free eBooks, visit:

www.successconsciousness.com/free_ebooks.htm

Remez Sasson

The Power of Thoughts

Think about several events that occurred in your life, and try to remember what kind of thoughts were in your mind, before they happened. You might be surprised to discover that in many cases, there was a correlation between your thoughts and the event.

You have probably said more than once, “I was sure this was going to happen.”

Our predominant thoughts influence our behavior and attitude, and they, in turn, affect our actions, our life, and the people around us. As our thoughts are, so is our life.

This means that it is of great importance to be careful with our thoughts, especially with thoughts that we often repeat. Thoughts are like a movie that we play in our mind. What we play, is what we see with our inner eyes, and if we keep playing the same movie, we will sooner or later create in our life.

The thoughts that you repeatedly think shape your life.

In order to make changes in our life, we have to make changes in our thinking process. It is necessary to change our thoughts. It is like playing a new movie in our mind, which we like more.

The new mental movie will in time, change our behavior, actions and attitude, and attract into our life people, situations and events corresponding with our new thoughts.

However, you need to remember that one single thought is not strong enough to make a change, but if you repeat the same thought often, it would gradually gain strength and affect your life.

A thought that is often repeated takes root in the subconscious mind, and from there, it affects our life and even our environment. The great thing about this process is that we don't need to strain or overexert ourselves to make it work. All we have to do is to choose the thoughts that we want to come true, and keep repeating them in our mind.

Suppose you are shy when you meet people, but you want to change this situation. Forcing yourself to talk with people does not always work, and might make you feel uncomfortable and behave awkwardly.

There is a better way to change your behavior, through the use of visualization. Using this technique, you visualize yourself feeling confident and talking fluently with people. This is similar daydreaming, which is an easy and pleasurable activity that does not require effort.

With the help of this technique, you use the power of your thoughts.

Here is what you need to do:

Visualize yourself conversing fluently, with ease and confidence. Imagine how the words just flow from your mouth, how you enjoy expressing yourself, and how everyone pays close attention to every word you say.

When using this technique, you build in your mind a perfect scene of whatever you want to accomplish. Put a lot of detail, color, sound, scents and life into these mental scenes. Repeat them often, with faith and attention, and your subconscious mind will assist you in aligning them with your reality in a most natural way. Your subconscious mind will make any necessary changes to make your reality fit your mental images.

In this way, you can overcome negative habits and build new ones, develop new skills and abilities, and even change your circumstances and attain whatever you truly desire. The power of thoughts can help you get a new job, improve your relationships, earn more money or improve your life.

These changes do not happen overnight. They need time, and depend on how earnest you are in your efforts, and on how much time and focus you put into your new way of thinking.

This is mental work, but this does not mean that you stay passive and wait for things to happen. You need to keep an open mind and be willing to take action when necessary.

Decide what you want to get or achieve, and start thinking about it often during the day, or at several specific times during the day. These repeated thoughts would get stronger, and eventually, create the conditions and circumstances that correspond to your thoughts.

The power of thoughts is a real power. You have certainly used it many times without realizing it. When you know how it works and how to use it consciously, you gain the ability to transform, improve, and master your life.

If you wish to learn how to use the power of your thoughts effectively, and create the life you want, you will find the book “Visualize and Achieve Your Dreams” most useful. You can read about it at:

www.successconsciousness.com/books/visualize-and-achieve.html

Thoughts and Feelings Can Attract or Repel Success

Did you know that your thoughts and feelings can attract success, and that they can repel it too?

Did you know that your thoughts and feelings shape your beliefs and expectations about success or failure?

Let's make an experiment. Repeat aloud the word "success" several times, and notice how you feel.

Depending on your mental and emotional makeup and on your life's experiences, there are two possibilities.

You might feel inspired, happy and elated, or despondent, unhappy and bitter. In the latter case, you might start telling yourself how miserable you are, and that success is not for you.

This may sound strange, but in certain cases, thoughts about success can evoke negative feelings.

People who had negative thoughts and feelings most of their life, expect failure and do not feel worthy of success. If they have experienced lack and hardships, they believe that success is not for them. In these cases, everything associated with success might evoke negative feelings.

Thoughts come and go, and change direction like the wind. They influence your mind the same way that the wind affects the direction of a flag. One moment the flag may be fluttering in one direction, and a little while later in a different direction. One moment, your mind might be occupied with a certain thought, and a moment later with something else. You see things from a certain viewpoint, and a moment later, your point of view might change.

If you have no control of your mind and allow every thought to attract your attention, you reach nowhere. However, when your thoughts and feelings become steady and under your control, you will have more mastery over your life. You become the boss of your life, not outside influences or fleeting thoughts and feelings.

In order to control your thoughts and feelings and navigate your life, you need to develop a certain degree of concentration, willpower and self-discipline. Concentration, willpower and self-discipline are the steering wheel of your life, with which you can navigate the boat of your life toward success and achievement.

Your predominant, habitual thoughts and feelings determine whether you will achieve success or not, and whether you will feel satisfied upon achieving it. This means that you have to be more aware of your thoughts and feelings.

It is important to learn to be more positive, less critical and less worried. Then, when you achieve success, you can enjoy the happiness of achievement.

You can change your thoughts, attitude and how you feel. However, the change does not occur overnight. Some inner work is necessary.

Positive thoughts and feelings make you happier and more receptive to success, and a positive disposition gives you the ability to enjoy success when it arrives.

Take it as a challenge, and pay more attention to your thoughts and feelings. Find out what kind of thoughts you think most often, and what kind of feelings you usually have. If your thoughts and feelings are positive, it is okay. However, if they revolve around failure, unhappiness and dissatisfaction, then you need to do something about them. You need to find ways and techniques that would help you change them.

You, not external circumstances or other people should decide what thoughts and feelings to think and feel. This is possible, but you need to do something about it.

You need to strive be positive, to chase away negative thoughts, and always replace them with positive thoughts. This is ongoing inner work, which you need to do all the time. Gradually, your mindset would change and your life would improve.

Learn how to use the power of thoughts and visualization to attain success.
Visit: www.successconsciousness.com/books/visualize-and-achieve.html

The Magnetic, Attracting Power of the Mind

The mind attracts certain events, circumstances and people into our life and repels others. In this respect, it resembles a magnet.

Look at the people around you. Some pass through certain events and circumstances, while others pass through different experiences. Some, accomplish certain goals easily, and others accomplish them with great difficulty or not at all.

All this has much to do with the mind.

Your mind is composed of the thoughts you think. These thoughts are like magnetic currents. If you keep thinking about some event or action, it might become a part of your life. This holds true when thinking about things you want and about things that you do not want.

You attract into your life what you think about frequently, but it does not mean that every thought you think changes your reality. Most of the thoughts are either not repeated long enough to gain sufficient strength, or you might let contradictory thoughts enter your mind.

Thoughts that lack strength and focus are like a weak magnet; they hardly have any attractive power.

You most probably have seen how a magnet draws metal objects. A strong and big magnet draws bigger objects than a small and weak one.

Magnets have another peculiar characteristic. One side of the magnet draws, and the other side repels.

The magnet draws to itself everything made of iron, useful objects or just junk. The mind acts in the same way. It attracts into your life positive and negative situations and events, according to the thoughts that you think.

Like the magnet, the mind not only attracts, but also repels. If you do not believe you can get or accomplish something, then you repel it.

Thoughts of lack, doubts, and fears, create a repellent force, which pushes away the things you want, and prevents you from getting them.

There are several ways to charge your mind and thoughts with magnetic power. A strong desire, concentration and faith are a few of the important ingredients for infusing power into thoughts.

We often activate the magnetic power of their mind unconsciously, without knowing what we are doing. However, when we know the rules, we become able to activate the magnetic power of the mind consciously, positively and effectively.

When you think, you broadcast your thoughts around you, affecting the minds of other people. Your thoughts also attract to you people, who think along the same lines as you do, and who can therefore, help you with your plans and goals.

Why not become aware of your thoughts, choose only useful and positive thoughts, and take advantage the power of your thoughts?

Remember, you attract to you, whatever you think about intently, with attention and feeling. It might be something material or non-material. The power of attraction is a universal power and manifests everywhere and in everything. It is the power, which holds the Universe together. Without it, there would not be any world.

The techniques of creative visualization and affirmations make use of the magnetic power of the mind. With their help, you can shape your life and attract to you the things you want.

Learn how to use visualization and affirmations to attain success:

www.successconsciousness.com/books/visualize-and-achieve.html

www.successconsciousness.com/books/affirmations.html

Desire, Emotions and Creative Visualization

You have probably heard or read about creative visualization. Maybe, you have tried it. The idea is that by visualizing a mental image of a desired object or situation, you can attract it into your life. In this way, you can shape your life, behavior and circumstances.

To make this power work, you need to visualize your goal. You also need to add a few ingredients to energize your thoughts, so they get strong enough to create the changes you want. These ingredients are desire and feelings.

What makes you take action, a cold uninteresting thought, or one charged with emotion?

When you listen to a lecture, which lecturer rivets your attention, someone who talks in a boring, listless manner, or a lecturer who talks with zest and emotion?

When you meet a total stranger for the first time, who leaves a stronger impression on you, a cold, dull person, or one full of energy and enthusiasm?

People, actions and thoughts charged with emotion make a stronger impact.

Thoughts charged with emotional energy are the ones that affect you more, and drive you into action. Emotions energize your thoughts and fill them with power.

Emotions and feelings energize thoughts, the same way that electricity makes electric instruments work. The best instrument will not function without electricity. In order for a thought to act and manifest, it needs something to give it life and energy. Feelings and emotions are that something.

If your desire is strong, then you can generate the necessary emotional energy. However, sometimes, the emotional power you produce is not enough to make things happen. In these cases, you need, in some way, to strengthen your emotional energy.

It is possible to produce emotional energy when you need this power. It is like connecting a television or a radio to a wall socket in order to let the electricity flow. You do so by producing positive and happy feelings of success and satisfaction, and associating them with your desire.

Everyone has experienced, at least a few times, some sort of success. Remember and visualize any success you have achieved in the past. Even small manifestations of success count.

In your mind, relive successful events, such as getting good grades at school, receiving a compliment from someone whose opinion you value, finding a good job or getting a promotion. You may choose any event from the past.

Relive the event of success in your imagination, visualize it as clearly as possible, and let the positive and happy feelings, which you experienced at that time, become alive again.

When these feelings are aroused, it is time to think about your current goal. Live and experience these feelings and emotions in your imagination, and associate them with your present goal. This action will inject energy into your thoughts and make them powerful.

When you charge your thoughts with emotional power, you transmit them to the surrounding environment. Sometimes, other people perceive these thoughts, and for some reason or another, they might help you bring them into reality.

Thoughts awaken feelings and emotions, and vice versa. Our habitual thoughts influence the way we feel, and our feelings and emotions influence the way we think. There is always an interaction between

thoughts, feelings and emotions. Learning to take advantage of their combined can take you a long way toward achieving your goals.

If you wish to learn to use the power of your thoughts and energize the feelings and emotions associated with them, start using the techniques in the book “Visualize and Achieve Your Dreams”. For information about the book, please visit:

www.successconsciousness.com/books/visualize-and-achieve.html

The Restless Mind

Most of our body's functions are automatic activities, and as strangely as it might seem, thinking is often, also an automatic activity.

Take for example, breathing. We constantly breathe, but we hardly pay attention to this activity. The blood moves automatically through the veins, but we are hardly aware of its movement. So it is with many other bodily functions, and so it is with our thoughts.

A great number of thoughts pass through the mind every day. There is no rest from them for a moment. Most of these thoughts are not exactly invited; they just come, occupy the attention for a while, and then disappear.

Our awareness is like the sky, and our thoughts are like clouds. The clouds drift through the sky, hide it for a while, and then disappear. They are not permanent. So are our thoughts. When one thought goes, another thought takes its place. We always find ourselves thinking, never paying attention to what lies beyond our thoughts.

Thoughts resemble the waves of the ocean, which are always in a state of motion, never standing still. The mind, which attracts and produces thoughts, finds it hard to stand still. It always thinks about whatever it sees, hears or reads. It likes to compare, analyze, reason, and to ask questions. It never stops or rests, even for a short while.

We automatically accept certain thoughts, but filter out and reject others. This is the reason why some people occupy their mind with thoughts about a certain subject, while others do not even think about this subject at all. Everyone seems to possess a kind of an automatic mental filter, which attracts certain thoughts and rejects others.

Why, football attracts a great number of people, others do not find it interesting? Why, some love and admire a certain singer, and others don't?

Why, some people think a lot about a certain subject, and others, never give it a thought? It is all due to this inner filter.

This is an automatic and unconscious filter. This filter has been shaped according to the influences that have affected you since childhood. Do you consciously strive to think certain thoughts and drive away other thoughts? No, most people don't. Thinking is usually an automatic activity.

Every event, occurrence, word and sense impression effects on the mind, and produces thoughts accordingly.

The mind is like a thought factory, working day and night, producing thoughts.

We live in an ocean of thoughts. We constantly pick one thought, let it pass through our mind, and then pick up another one.

This process is like catching a fish from the ocean, and then throwing it into the water and catching another one.

This constant thinking makes us spend a lot of energy and time thinking about unimportant, and mostly negative passing thoughts.

Why do you let thoughts rule the mind, instead of being their master?

Why not enjoy inner peace, and choose only beneficial and desirable thoughts?

Why let your thoughts treat you like a relentless boss that constantly gives you an errand after errand to do?

You can set yourself free from the habit of constant and restless thinking.

You become truly free, when you learn choose your thoughts consciously, and when you are able to decide which thoughts to accept, and which ones to reject.

Stopping the restless flow of thoughts might seem to be an infeasible fit, but it is possible. With some training, you can learn to calm the restlessness of the mind, become its boss, and enjoy inner peace and mental mastery.

Learn to focus and control your thoughts:

www.successconsciousness.com/books/how-to-focus-your-mind.html

Peace of Mind

Do you want to enjoy peace of mind in your everyday life? Do you want to be able to stay calm and relaxed in difficult and trying situations? It is not so difficult as it might seem.

I meet people who say that they desire peace of mind, but they never do anything to get it. Often, they think and behave in a way that drives peace of mind away.

In a world full of tension, conflict and competition, peace of mind is a great asset.

A person, who possesses peace of mind, is able to remain calm, peaceful and unaffected by outside events. This peace has nothing to do with indifference or laziness. In fact, you can be peaceful, yet energetic, enterprising and possessing a sharp and keen mind.

Meditation, concentration exercises, guided imagination, affirmations and breathing exercises are a few of the techniques that lead to peace of mind. Every one of these techniques will gradually make your mind more calm and peaceful.

As you go on with your chosen technique, your level of inner peace will rise. You will experience it not only while using one of the above-mentioned techniques, but at other times too, while working, talking, studying, walking, or while doing anything else.

You will discover that as by-product, you also gain inner happiness and inner strength, discipline, better judgment and stronger mental powers.

When your mind is peaceful, it unconsciously radiates peace to the people who happen to be around you. A peaceful mind has a calming effect on other people, and surrounds you with an aura of peace.

Calming down the mind, especially through meditation and concentration, ultimately, leads to real and lasting peace and the ability to control the mind.

With this kind of training, the mind will stop nagging and bothering you, and your ability to control your thoughts would get stronger. You will then be able to use your mind when you need it, and switch off your thoughts, when there is no need to think.

When you can switch off your thoughts, your mind becomes peaceful, happier, and more focused.

You might say that you don't have the time to work on gaining peace of mind, but the truth is that you can always find the time, if you really desire it. You might believe that one can gain peace of mind only under special conditions and in special places. That is not true. Circumstances should not bar your way. If your desire for peace of mind is strong enough, you can attain it whether you live in an ashram or in a noisy city.

Peace of mind can be yours, if you make the effort to relax and calm down your mind. If you have always believed that it is unattainable and reserved for special people, then change your belief, because this belief will keep it away from you.

Try this simple exercise to calm your mind:

- 1) Sit down comfortably.
- 2) Take a few deep breaths.
- 3) Relax every part of your body and every tensed muscle, starting from your toes, and moving slowly to your head. Focus on each part for a few seconds, and then move on to the next part.

- 4) Now, think about something that inspires you or makes you happy. Think of something you love doing, or about a happy event that you went through in the past.
- 5) Enjoy the happiness and calmness that you are experiencing. Engross yourself in the associated pleasant feelings, and forget everything else for a while.

Repeat this procedure when you feel tense and nervous. This exercise will calm your body and your mind.

If you wish to go further, and learn to calm your mind and enjoy inner peace, read the articles on peace of mind at the following address:

www.successconsciousness.com/peace-articles.htm

Peace of Mind in Daily in the Busy Life is a book on peace of mind, which you might find most helpful. For information about it, visit:

www.successconsciousness.com/books/peace-of-mind-in-daily-life.html

Inner Peace and Outer Peace

Inner peace comes from the inside, and is not dependent on outside conditions. Inner peace is a state, in which the mind becomes calm and tranquil, and thoughts are controlled and disciplined.

Ordinarily, the mind is in a state of constant thinking. Thoughts come and go every second and minute of the day. Many of these thoughts are about unimportant matters, or are negative thoughts, worries and fears.

The mind keeps asking questions, comparing, analyzing, commenting on everything, chattering and not allowing any moment of rest.

This state of affairs is one of the reasons for the craving for inner peace. Yet, though there is longing for peace of mind, most people continue to let restless thoughts and worries fill their minds, thus keeping inner peace away.

Inner peace appears, when the flow of thoughts subsides. Only when your mind becomes tranquil you can enjoy inner peace. Only when you make peace inside, within yourself, does real peace come into being in your outside world.

When a storm is raging, the waves toss a boat up and down, from one wave to another. Only when the storm and waves cease, can the boat sail smoothly. It is the same with peace of mind. You experience it, only after the winds and gales of the mind and thoughts calm down.

If the inner world is in peace, then the outer circumstances begin to reflect this inner peace. Outer peace always follows inner peace.

A peaceful mind broadcasts peace and affects the surrounding environment. When you meet a peaceful person, you sense this peace, and unconsciously, respond and behave accordingly.

What happens, if you talk calmly with someone who is angry, or who is talking in a loud voice? Eventually, he will lower his voice.

What happens, if you keep calm and tranquil in situations that make other people nervous or restless? You act efficiently and make fewer errors.

These are just a few examples of the effect inner peace has on the outside world.

You can attain inner peace through concentration, meditation and a few other techniques. The keys to inner peace are the ability to calm down the mind, reduce its restlessness, and free it from the compulsion of constant and restless thinking and worrying.

When you learn to calm down your mind and emotions, you can achieve inner peace, and consequently, enjoy outer peace.

If you work toward inner peace, your life and circumstances will change to reflect your inner peace.

Experiencing inner peace is not as rare as you might think. However, the experience is temporary, if you have not trained yourself. You experience inner peace spontaneously, when you are absorbed in an interesting activity, like watching an interesting movie, reading a book or watching a beautiful landscape.

During this time, you forget your thoughts and you forget your worries and problems. However, this often lasts for a short time, until the mind becomes restless again.

A good example of temporary inner peace is the inner peace you experience when you are on vacation. After a day or two, you begin to experience some kind of inner calmness and tranquility, the mind's tendency to think constantly calms down, and the level of worries drops down. In this state of mind, you feel more relaxed and happy and you enjoy your vacation.

By the way, have you noticed that people, who are on vacation, are usually more patient, friendly and well disposed to everyone? This is because their minds are more peaceful.

Temporary inner peace is fine, but not enough. In order to experience peace more often and more deeply, and independently of outer conditions, you need to learn to calm down your mind. It is possible to enjoy the same peace and happiness that you have experienced on your vacations, even while working, carrying your duties, at home or while with people.

If you really want to make your mind peaceful, you need to do something about it. You can find many articles about inner peace at the following Internet address:

www.successconsciousness.com/peace-articles.htm

Recommended books:

Peace of Mind in the Busy Daily Life

www.successconsciousness.com/books/peace-of-mind-in-daily-life.htm

Calm Down the Nonstop Chatter of Your Mind

www.successconsciousness.com/books/calm-down-your-mind.html

The Power of Concentration

Concentration is the ability to focus the mind on one single object or thought to the exclusion of everything else. It is the ability to hold the attention focused on what you are doing.

Doing one thing, and at the same time thinking about something else, shows lack of concentration. This often leads to making mistakes, wasting time, and acting inefficiency.

Most people do not possess strong powers of concentration. They realize the importance of concentration, but they do nothing to develop and strengthen it.

Concentration is of great value in everyone's life. It helps you do your work more efficiently. It strengthens your memory, makes it easier and faster to study, and makes you more conscious and aware of your surroundings. With improved concentration, you carry out any action, task and work better, faster and with fewer errors.

Concentration is important for creative visualization and affirmations, and is of major importance for practicing meditation. It helps you to control the incessant flow of your thoughts, and thereby, bring into your life peace of mind and freedom from nagging thoughts.

As the ability to concentrate grows, fewer thoughts are able to intrude and disturb your mind without permission. This means more mental mastery and more inner peace and happiness.

You need good powers of concentration, if you wish to conduct your daily affairs of life in an efficient and effective way, to succeed in the material world, or to grow spiritually.

You can strengthen your concentration by practicing concentration exercises, just like strengthening the physical muscles through bodybuilding

exercises. When you lift weights, you strengthen the muscles of your body. When you perform concentration exercises, you strengthen your mental muscles.

Concentration requires sustained practice, like any other skill. The mind might resist your efforts, since it does not like to be controlled. It is accustomed to run here and there, and will therefore, resist your efforts to control and calm it down. Yet, with the help of simple suitable exercises, it is possible to train the mind and teach it to focus.

The more time you devote to training and exercising your mind, and the more sincerely you practice the exercises, the stronger your concentration would become.

Find more about the power of concentration at:

www.successconsciousness.com/index_000004.htm

www.successconsciousness.com/index_000005.htm

Learn how to focus your mind:

www.successconsciousness.com/books/how-to-focus-your-mind.html

Developing Your Willpower and Self Discipline

People, who have achieved great success, usually had strong willpower and self-discipline. People, who have improved their life, overcome difficulties and hardships, or have attained a high position in their chosen field, had to use their willpower and self-discipline.

Willpower and self-discipline are two of the most important and useful inner powers in everyone's life. These two skills are essential tools for success in all areas of life.

Everyone can develop these skills, like any other skill, through special training. However, only few take any steps to develop these skills in a systematic way.

What is willpower?

Willpower is the inner strength that makes it possible to make a decision and follow it through, take action, and carry out any task until its completion, despite inner and outer resistance, discomfort or difficulties.

Willpower gives you the ability to overcome laziness, temptations and negative habits, and to carry out tasks, even if they are unpleasant, tedious, and require effort.

What is self-discipline?

It is the ability to reject instant gratification, in order to gain something better. It manifests as perseverance and the ability to stick to actions, thoughts and behavior, despite obstacles or difficulties.

Both of willpower and self-discipline are essential for making decisions and following them through. They are essential for carrying out daily activities, and for attaining success. You need them for doing a good job, for studying, building a business, losing weight, bodybuilding and for maintaining good relationships. They are also important for changing habits, for self-

improvement, meditation, spiritual growth, keeping promises, and for almost everything else.

We all face an endless stream of desires and distractions, many of which are not important, useful, or of any real value. By learning to refuse to satisfy every one of them, we get stronger.

Refusing to satisfy useless, harmful or unnecessary desires, or doing things you do not want to do, because they require effort, sharpen and strengthen your inner strength. By constant practice, your inner power grows, in the same way that exercising your muscles at a gym increases your physical strength.

Here are a few examples:

- For a few days, reduce the time you watch TV.
- Drink water when thirsty, in spite of your desire for a soft drink.
- Walk up and down the stairs instead of taking the lift.
- Get down from the bus one station before or after your destination, and walk the rest of the way.

These are only a few examples developing willpower and self-discipline.

Exercises like these, add to the storehouse of your inner strength. By following a systematic method of training, you can reach far, have more control over yourself and your life, attain your goals, and improve your life.

You can find guidance, instructions and exercises for willpower and self-discipline in the book, *Strengthen Your Willpower and Self Discipline*.

For information, please visit:

www.successconsciousness.com/books/willpower-and-self-discipline.html

The Power of Repeated Words and Thoughts

Thinking is usually a mixture of words, sentences, mental images and sensations. Thoughts are visitors, who visit the central station of the mind. They come, stay a while, and then disappear, making space for other thoughts. Some of these thoughts stay longer, gain power, and affect the life of the person thinking them.

Most people allow thoughts connected with worries, fears, anger or unhappiness to occupy their mind most of the time. They keep engaging their minds with inner conversation about negative situations and actions. This inner conversation affects the subconscious mind, which accepts and takes seriously the thoughts and ideas expressed in those inner conversations.

It is of vital importance to be careful of what goes into the subconscious mind. Words and thoughts that you repeat often, get stronger by the repetitions, sink into the subconscious mind, and affect your behavior, actions and reactions.

The subconscious mind regards the words and thoughts that affect it as describing a real situation. It therefore, endeavors to align the words and thoughts with reality, by working toward making them come true.

This means that if you tell yourself often, that it is difficult or impossible to acquire money, the subconscious mind will accept your words and put obstacles in your way. On the other hand, if you keep telling yourself that you are rich, it will find ways to bring you opportunities to get rich, and push you toward taking advantage of these opportunities.

The thoughts that you express through your words shape your life. Most people do not pay special attention to their thoughts and to the words they use. Often, they allow external conditions and other people to determine the thoughts they think. They let the outside world affects their inner world. They let the outside world determine the thoughts they think.

If you consciously, choose the thoughts, phrases and words that you repeat in your mind, your life will start to change. You will begin creating new situations and circumstances. You will be using the power of affirmations.

Affirmations are sentences that state a particular desire or goal. By repeating them often, they sink into the subconscious mind, which in turn, releases its enormous power to help you achieve your goal. This does not mean that every word you utter will bring results. There must be also strong desire to back the affirmations, so they create results.

To trigger the subconscious mind into action and get positive results, you need to repeat the affirmations with attention and intent, and with the belief that they would come true.

Read the following two sentences:

1. I am not weak anymore.
2. I am strong and powerful.

Both sentences express the same idea, but in different ways. The first one is a negative sentence. It creates in the mind a mental image of weakness. The second sentence awakens in the mind a mental image of strength. This means that you need to use positive words, about what you want, not negative words.

Sometimes, when repeating affirmations, the results might be fast. At other times, depending on your goal, results might take time to appear. In this case, you need to persevere with repeating the affirmations.

Remember, it is not enough to repeat affirmations a few times and expect your life to change. You need to repeat them often, every day.

It is important to choose the right affirmation for the specific situation. You also need to feel comfortable with the words you repeat, so as not to awaken inner resistance.

Affirmations are of special importance for people who find it difficult to visualize, since they can use them, instead of using creative visualization. Instead of repeating negative and useless words and phrases in the mind, choose positive words and phrases to help you build the life you want. By choosing your thoughts and words, you exercise control over your life.

Here are a few affirmations:

“Day by day, I am becoming happier and more satisfied.”

“With every inhalation, I am filling myself with happiness.”

“Love is now filling my life.”

“The power of the Cosmos is filling my life with love.”

“My relationships with... are improving.”

“I have now a wonderful job, which pays me well.”

“A lot of money is flowing now into my life.”

“The powerful and vital energy of the Cosmos is filling my body and mind.”

“Healing energy is constantly filling every cell of my body.”

“I always stay calm and in control of myself, in every situation and in all circumstances.

“I am having a wonderful, happy and fascinating day.”

For more information, guidance, and a list of useful affirmations, read the book, **Affirmations - Words with Power**.

For information about the book, please visit:

www.successconsciousness.com/books/affirmations.html

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The About the Author

Remez Sasson has been studying and practicing various techniques of self-improvement and spiritual growth from an early age. After many years of studying, practicing and gaining practical experience, he decided to share the knowledge and experience he has gained, through his websites, articles and books.

Remez Sasson is the founder of the websites:

www.SuccessConsciousness.com

www.LookWithinYou.com

Remez Sasson is the author of several books. For information about his books, please visit:

www.successconsciousness.com/bookstore.html

Books by Remez Sasson

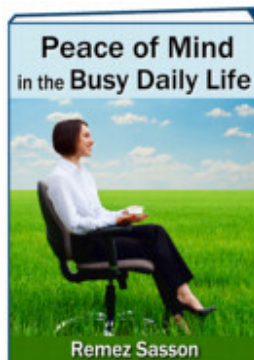


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Learn how to use creative visualization to achieve your goals and to improve your life.

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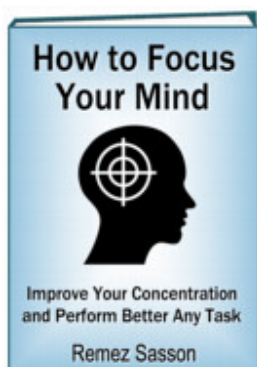


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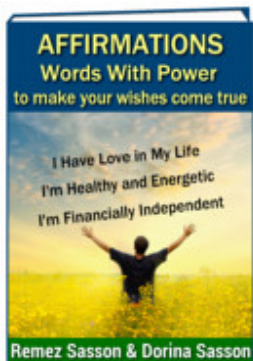


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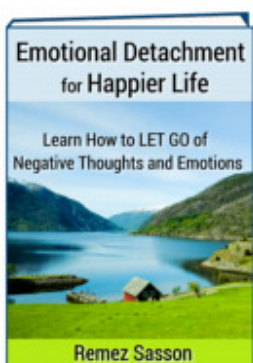


Affirmations - Words with Power

Affirmations are positive statements that describe your goals. Find out how repeating them correctly, can turn your wishes into reality.

You will find here all the instructions you need, and many affirmations for almost every purpose.

www.successconsciousness.com/books/affirmations.html



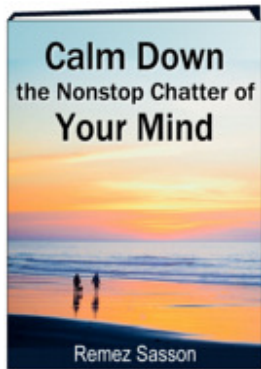
Emotional Detachment for Happier Life

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