

Positive thinking and its power



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POSITIVE THINKING and ITS POWER 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 favourable 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

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. We walk tall and the voice is more powerful. Our body language shows the way you feel inside. In order to turn the mind toward the positive, inner work and training are required. Attitude and thoughts do not change overnight. 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 favourable 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 endeavour 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. So dear friends It really does not matter what your circumstances are at the present moment.... Think positively, expect only favourable results and situations, and circumstances will change accordingly. It may take some time for the changes to take place, but eventually they will take place...!!!!