

Change the quality of your experience and you'll change the quality of your thoughts.

INTENTIONS

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“Every day remind yourself of your own ability, of your good mind, and affirm that you can make something really good out of your life.”

-Dr. Norman Vincent Peale

○ n Positive Thinking

The value of “Positive Thinking” has been embraced by many for quite some time. Dr. Norman Vincent Peale’s “The Power of Positive Thinking” has been read by millions. Jose Silva addresses the subject in The Silva Mind Control Basic Lecture Series in the section on mental housecleaning. Mind-body research speaks to the dangers of negative self-talk on the body’s immune system. Dr. Lawrence Dorman states that every time you say something, you are practicing neurochemistry. Your cells literally respond to everything you say. The emotions surrounding those words create a series of neuropeptides that circulate throughout the body to find a receptor. An impressive study at Northern Arizona University involving a group of runners showed an average increase in the test groups strength of 12% by simply thinking and speaking about their muscle systems.

So, it’s easy, just think positive thoughts, right? Well... maybe not. As Deepak Chopra points out in response to a question on the subject, he states that it is not possible to think positive thoughts other than for very short periods of time. Thoughts are as spontaneous as breathing. If you tried to think positive thoughts for the next ten hours, you’d be exhausted within the first ten minutes. So, what to do?

Realize that thoughts are generated by our experience. So what we are really after is creating experiences that cause us to have spontaneously positive thoughts. In this way we create “positive being.” So here’s the ingredients to the Positive Being recipe:

- **BECOME A WITNESS TO YOUR THOUGHTS** - Be attentive to your inner dialogue with yourself and your external dialogue with others.
- **CANCEL AND REPLACE NEGATIVE THOUGHTS** - As you observe negative thoughts and behavior from yourself, mindfully cancel those thoughts and replace them with thoughts that are in alignment with your desires.
- **FLOOD YOU MIND WITH POSITIVE EXPERIENCES** - Capitalize on the fact that the brain does not know the difference between a real or imagined thought. Run mental pictures of desired projects reaching successful ends and bring back to mind previous successes. This is done most powerfully for those trained to meditate at the alpha level.
- **MAKE GOOD CHOICES** - Cultivate the practice of having meaningful intentions. Consider the results of your actions, how they’ll affect your life as well as the lives of others.

Over time this will become your way of being - Positively!

“Programs designed with the whole brain in mind.”

John Felitto, trainer & coach