

# The Power of Your Thoughts

## To Heal and Transform Your Life



by Susan Goldman Eller, M.A.

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# **The Power of Your Thoughts To Heal and Transform Your Life**

Susan Eller, M.A., RMT

## **Your Thoughts Are Powerful**

What thoughts dominate your life? Do you ever stop to notice? Most people are unaware of the impact their thinking has on their lives. However your thoughts directly affect your mood and self-esteem. Here's a little experiment. The next time you feel sad, angry, or anxious for no apparent reason, take a moment to observe what you were just thinking and jot it down. It could be quite a revelation!

How you think and feel also affects your body. Your thoughts have a powerful influence on your mental, emotional and physical health. For example, if you are in the habit of entertaining self-critical, pessimistic thoughts, you may find that your body becomes tense from that stress. This can lower your immune system.

## **How Your Thoughts Affect Your Health**

The relationship between your thoughts, emotions, and your immune system can be explained in physiological terms. According to Dr. Christiane Northrup in her book, *Healing Toxic Emotions*, when you think a thought or feel a feeling, it communicates itself to every cell in your body by way of small protein molecule messengers called neuropeptides.

Neuropeptides, also known as neurotransmitters, are the chemicals produced by the brain to communicate with every cell in your body. Hormones, which function like neurotransmitters, also involve communication among the cells.

The hormonal level of your body fluctuates according to your emotional state. How you perceive stress has a dramatic effect on the production of immune molecules in the bloodstream as well as certain immune cells via messages from the hypothalamus, the control center of the brain.

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Both positive as well as negative thoughts affect your immune system. Positive thoughts and feelings cause your neurotransmitters to move your immune system towards health and balance. However, a predominance of negative thinking taxes your immune system throwing it out of balance.

## **You Have The Power To Change Negative Thinking**

Fortunately you can learn to shift your negative thinking tendencies. As humans these tendencies have become part of our conditioning starting at childhood. It took many years for your thinking process and beliefs to develop. Therefore it's important to be kind and gentle with yourself as you begin to change the way you think. The following are some suggestions to get you started.

**First: When you catch yourself thinking negatively, acknowledge yourself for the awareness.** When you notice a negative thought, tell yourself, "I choose not to believe that anymore." This may take patience at first because your tendency will be to believe the negative thought. You will need to remind yourself that the negative thought is not true, that it only seems true because it is familiar.

**Second: Learn to balance your inner critic with self-acknowledgement and encouragement.** Realize that self-criticism discourages optimum behavior. You don't like it when other people criticize you. Your spirit and emotions thrive on encouragement. Learn to speak kindly to yourself.

**Third: Replace any negative self-talk with affirmations.** An affirmation is a positive statement declared in the present tense. For example, "Everything is working out for my highest good". Or "It's safe for me to express myself"

Best selling author, Louise Hay says that everything we think is an affirmation. Our self-talk is a stream of affirmations. Therefore, we want to focus on and choose positive thoughts or affirmations.

I will be discussing affirmations more in depth a little later in this report.

## **Your Thoughts Shape Your Destiny**

The power of thought cannot be underestimated. It affects your attitude about life. And your attitude about life affects your mental, emotional, physical, and even financial health.

Begin to direct your thoughts in a positive way. Whether you realize it or not your thoughts shape your destiny.

You project your thoughts all the time. However, most of the time it is done in an unconscious habitual way. The following quote is a simple, yet profound example of how your thoughts affect your life and destiny.

*Watch your thoughts; they become words.*

*Watch your words; they become actions.*

*Watch your actions; they become habits.*

*Watch your habits; they become character.*

*Watch your character; it becomes your destiny. –Frank Outlaw*

## **Use the Power of Your Mind to Create What You Want**

You have innate abilities that can be developed to create and attract what you want. The following are four ways you can use the power of your mind constructively – Intention, Visualization, Affirmations and Appreciation.

**Intention:** Use the power of your mind to focus on what you want. Set an intention each morning for the day ahead. When getting into your car, set an intention for safe, easy and timely travel. Set your intention throughout the day and focus on how you would like each part of your day to unfold. You will find that your day and experiences will flow more smoothly.

**Visualization:** This is the process of using the power of your mind to imagine positive change, optimum health, and the highest manifestation of your dreams. It uses your imagination to form a mental picture or image. You use your imagination all the time when you daydream.

For example, take a moment to think of your kitchen. Imagine what it looks like - the walls, the floors, the cabinets, the sink, the stove and so on. As you think about your kitchen you would be forming an image of what it looks like. You would be using your imagination and the process of visualization.

You can use visualization to imagine what it would be like, feel like, and look like for you to have reached a desired goal. Visualization is a powerful tool that can help you heal and improve many areas of your life including your thinking.

**Affirmations:** I have already mentioned affirmations but will expand on it here because it is perhaps one of the most direct ways of adjusting your thought process. Our words along with our thoughts have a powerful influence over our emotions and our lives. Repeating an affirmation on a regular basis affects changes at a deep subconscious level.

As I stated earlier an affirmation is a positive statement declared in the present tense. It is stated with conviction as if what you are saying already exists and is true. An example would be, “I now have my ideal job with a sustainable income and flexible hours.” Saying that makes a statement. You are stating in good faith that what you desire is already manifest.

However, you do not want to say something like, “I want a good job with a sustainable income”. There is no force and faith behind that statement. Wishing is not as effective. You want to affirm that something already exists for you. By doing this you convince your subconscious that it is a reality.

You also do not want to phrase your statement in the future tense by stating something like; “I will get just the job I want.” This will only keep what you desire in the future.

Some people have a difficult time declaring affirmations because they think it feels like they are pretending. However, the only reason your negative thoughts feel true is because they are familiar. It is probably easier for you to say, “I can’t get what I want” rather than to state; “Everything I need comes to me easily and effortlessly.”

In reality your affirmation is true. This is because it already exists on the mental plane in the Universal Mind. When you state an affirmation you manifest the visible from the invisible.

The Universal Mind is the life force also known as the field of unlimited potential. It is made of energy of which we are all a part including our thoughts.

To state an affirmation it is important to include the following attributes.

1. Always use the present tense and not the future. Example: “All my needs are met”
2. Use a positive statement. For example: “I now manifest just the right office for me at just the right location at just the right price.”
3. Be sure and use complete conviction, feeling, intensity, and concentration. In other words don’t say it in a mumbling, half-hearted way. State your affirmation with certainty.
4. Affirm perfection, the highest, abundance and increase. In other words don’t limit your statement. An example of this would be, “ I live an abundant life full of joy and fulfillment. There are unlimited possibilities available to me.”

You can also record your affirmations in a journal. It is a good idea to date it. When you write out your affirmation I suggest you end it with the following statement from Shakti Gawain.

“This or something better now manifests for me in totally satisfying and harmonious ways for the highest good of all concerned. So Be It. So It Is.”

Then say thank you and sign your name.

From time to time you can reread your affirmation and if it still states what you want you can then add the date at the bottom and state, “ I re-affirm” and sign your name. If you need to make changes do so, then once again sign your name and add the date.

You can also sing your affirmations.

Louise Hay suggests looking at yourself in the mirror when you state them. Looking into a mirror reflects back to you your feelings about yourself. It shows you the areas that you need to change in order to raise your self-esteem and feel more joyous about life.

Sometimes affirmations may not produce immediate results. You could have subconscious resistance. There are some wonderful clearing tools for releasing energy blocks and subconscious resistance. A couple of tools that I recommend are EFT (Emotional Freedom Techniques) and the Work by Byron Katie. Please see my list of resources at the end of this report for web sites that provide information on these techniques.

Also, you limit your affirmations if after you state them you spend most of the day thinking negatively.

Finally, be aware that the universe may provide something even better than what you asked. Sometimes situations don't work out for a reason. My husband and I once spent months looking for an apartment in San Francisco. We had done everything right including our affirmations. We finally found the perfect place for us but it took us 3 months. This is because it had not been listed yet. But in the long run it was well worth the wait.

**Appreciation and Gratitude:** I used to think that appreciation and gratitude were the same. Recently I learned from Abraham-Hicks ([www.abraham-hicks.com](http://www.abraham-hicks.com)) that there is a difference. Here is how I now experience these qualities.

**Appreciation** connects you to your heart. When you appreciate you see and feel the goodness in life. You see beauty. You feel love. You see with the eyes of Source. When you feel good you can not possibly be thinking negatively as they cannot exist together at the same time. You either feel good or not good. And how you feel depends on your thinking.

Take time throughout your day to appreciate the good in life. For example, appreciate a new day, appreciate a sunrise or sunset, appreciate hearing the birds, appreciate the goodness in others, appreciate good food and anything that brings you enjoyment. Being in a state of appreciation will help you to feel good and the better you feel the more you attract positive experiences into your life.

**Gratitude** involves feeling thankful for all the good in your life. True gratitude instills good feelings as well as appreciation. I have found that truly feeling grateful elevates my mood and immediately lifts my vibration. It focuses me on the positive and attracts more of the same.

There is much to be grateful for in life. It is of great benefit to give thanks for all the little things that contribute to your health, comfort, well-being and more. These include having a roof over your head, food to eat, clothes to wear, all of your senses including sight, smell, taste, touch and so forth.

Both appreciation and gratitude will lift your spirits and help you to focus on the positive. And, as Martha Stewart says, "That is a Good Thing."

## **Intend to Feel Good**

The best indicator of your thoughts is your feelings. Negative thoughts produce negative feelings and positive thoughts create positive feelings. You want to feel good. When you feel good your body responds in a positive way. Your outlook will be better as well. When you have a positive attitude about yourself and life you open the doors to positive experiences and prosperity of all kinds.

Your thoughts are powerful! They are like magnets attracting life experience to you. The more positive your thoughts, the more positive you will feel. This in turn will attract more positive experiences into your life. Fortunately positive thoughts are more powerful than negative ones. I believe it was Sanaya Roman, author of *Living With Joy* and other books, who said that one positive thought can cancel out thousands of negative ones. That is encouraging and hopeful indeed.

As Louise Hay states, the point of power is in the present moment. Each moment you get to choose what you think about and focus upon. Each moment presents an opportunity to be more conscious of your thinking and to direct your thoughts in a positive direction. Just do your best and intend to think more positively. Find things that make you feel good. And trust in the process of life to bring good to you.

Wishing you all the best on your path to positive thinking and conscious living. Blessings, Susan



## About Susan

Susan Eller, M.A., RMT is a spiritual counselor, empowerment coach and Reiki Master Teacher. Susan has an extensive background in the holistic/self-development field dating back to 1975. She holds a master's degree in Psychology with emphasis on holistic studies. Susan is dedicated to helping people especially women free themselves from limiting beliefs and patterns so that they can come into their authentic power and create happy, healthy, fulfilling and prosperous lives.

Susan loves sharing the wisdom and practical information she has gained throughout the years. She has gone through her own process of inner healing and personal transformation and is eager to assist others with their own journey. Please check out her website at **[www.healingfromwithin.com](http://www.healingfromwithin.com)**.

You might want to check out her blog as it includes helpful tools and tips to assist you on your path to inner healing and positive change. Her blog can be found at <http://www.healingfromwithin.com/blog/>

Susan also shares her knowledge and practical wisdom via articles and her newsletter. Her newsletter will keep you up to date with current offerings and self-help tools.

You can contact Susan at [susan@healingfromwithin.com](mailto:susan@healingfromwithin.com) - 520-615-0922

Please see the next page for recommended books, CD's and resources.

## **Recommended Books and CD's.**

- You Can Heal Your Life**- Louise L. Hay, Hay House Publishing
- Creative Visualization** – Shakti Gawain, New World Library
- The Healing Power Within** – Ann Wigmore, Avery Publishing Group
- Power Through Constructive Thought** – Emmet Fox, Harper & Row Publishers
- Living With Joy** – Sanaya Roman, H. J. Kramer Inc., Publishers
- The Law of Attraction** - 5 CD Set – Esther & Jerry Hicks, Hay House Publishing

## **Resources**

**EFT, Emotional Freedom Techniques:** This is an amazing system, founded by Gary Craig that uses the fingers to tap on the meridians of the body in order to release energy blocks. It is like emotional acupuncture. Many people have had great results with EFT also called tapping techniques or MTT, Meridian Tapping Techniques. There are many practitioner and sites that teach you about EFT. Below are a couple of my favorites.

**World Center for EFT** - <http://www.eftuniverse.com/>

**EFTfree.net** – this is a wonderful site created by four fabulous EFT practitioners and a place for other practitioners in the EFT community to share their articles and expertise.

**The Work of Byron Katie** - <http://www.thework.com/index.php>  
**The Work** is a powerful process of inquiry to question and identify the thoughts that cause suffering.