

HOW TO MAKE UP YOUR MIND

By Mike George

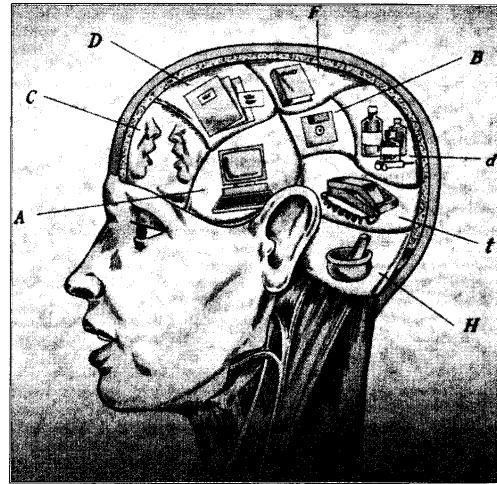
“You are what you think,” and “It's all in the mind,” are two phrases we all know and often use without really, well, ...thinking. But what do you think? And how do you think? And do you think your thoughts affect your body? And how do you think your thoughts could affect your body? Mmmm. No short answers to these questions. Yet it doesn't require an expert with an ‘-ist’ at the end of his or her title to prove that your thoughts have a powerful impact on your body.

Think a thought of fear and feel your heart begin to pound and the adrenaline begin to flow. Think some worrisome thoughts about a job interview and feel the butterflies moving in ‘V’ formation through your tummy. Think tense thoughts for a few days and watch the rash magically appear out of nowhere on your skin. Whatever you think registers somewhere in your body. That's why, long before cosmetics arrived on the scene, real beauty was said to come from within, and why most doctors today admit that over 90% of all physical disease is psychosomatic, that is, it begins with the thoughts in your mind.

Do you have a beautiful mind, a busy mind or a mind always under pressure?

Living in the first decade of the twenty-first century almost certainly means making more decisions, communicating with more people, and probably working longer and more frequent unsocial hours than any other time in history. In no other era has there been such a need for a *calm and clear* mind, with the sharpness to make accurate decisions. In the face of

rapid technological change, the need for a *fast and agile* mind, with the ability to produce appropriate responses, under a wide variety of pressures, is essential to keep pace with the demands of colleagues and family. With the never ending stream of news and events, much of which has a negative flavour, a *stable and positive* mind is essential for survival.



What goes on in your mind affects all that you say and do, making the difference between success and failure. When working well the mind is the source of ideas, inspiration and innovation, a creator of clear communication and high quality decisions. When working badly it can be the sustainer of hopelessness, depression and fear.

The raw material of the mind is thought. Business plans, complicated designs, new products and even whole new philosophies all begin as a single thought in someone's mind. This is then shaped and sculpted into the details of the plan or design, and brought to life through words and action.

Are you in control of the creation and sustenance of your thoughts? People who have created success in their life have usually taken some time to get to know their thought patterns and thinking habits. They recognise their mind as their most precious asset, an essential tool and their thoughts as their most important natural resource.

If you have never given yourself this kind of time and attention to assess and measure the quality of your thinking, and how best to use your mental resources, the easiest way is to become aware of the four different types of thought which are:

1. Necessary thoughts
2. Waste (superfluous) thoughts
3. Negative thoughts.
4. Positive thoughts

Necessary thoughts

‘What shall we have for dinner tonight?’ ‘At what time do I pick up my children from school?’ ‘What’s the number of my bank account?’ These are all the necessary thoughts which arise during our daily routine, upon which we must act. But if these thoughts are repeated again and again, they become:

Waste (superfluous) thoughts

These are worrying, brooding thoughts which keep running around in your head. This type of thought has a high tempo, achieves nothing, and wastes your energy. Superfluous thoughts are often about the past: ‘if only I had...’, ‘if this hadn’t happened...’, or about the future... ‘I hope...’, ‘if so and so doesn’t show up...’ Since the past has already gone, and the future is yet to come, these thoughts are useless. In fact some people live their day three times over: once in bed worrying about tomorrow, the day itself, and then again at night, going over what they should have done but didn’t. This kind of thinking drains your energy and makes you less efficient.

Negative thoughts

These are angry, critical, egotistical, greedy, prejudiced, lazy, careless and stressful thoughts. If they become habitual they result in the breakdown of physical health and eventual external failure. It may appear that these kinds of thoughts are the most prevalent today. And they are! They are the root causes of the stress, fragmentation, anger and disease in our society. On a practical level they are the greatest drain on your mental resources, a kind of internal pollution that is well worth cleaning up, to make your mind a more efficient tool.

Positive thoughts

These on the other hand are always economic. They create a positive internal feeling and sustainable external success. Positive thoughts are enthusiastic, harmonious, honest, understanding, respectful, tolerant and happy. They are also patient thoughts, giving you the time to see the complete picture clearly, which is essential in order to make accurate decisions.

As you actively learn to watch the quality of your thinking you will automatically ferret out the superfluous and negative thoughts, denying them the life-giving energy of your mind. This will allow you to regain complete control of all your thought patterns, with no more auto-pilot reactions followed by a feeling of loss or regret. Using your mind to create positive thoughts puts you back in the pilot’s seat all the time, not only enhancing your relationships on the outside but giving yourself the right quality of experience on the inside.

In summary, eliminate the negative, accentuate the positive, act immediately on the necessary and clean up the waste.

