

Your Mind is Your Source of Power

Your mind has the fantastic ability to transform your most intimate desires and wants into their physical counterparts and create brand new realities of your current life. It is an amazing wonder what your mind can conceive of and then using your belief and will power to actually implement. Are you skeptical? You should be because that also is an important part of your mind. It's the part that relates information to your current reality to determine what to believe and what not to believe. The problem with this mechanism is that it often gets in the way of itself and doesn't allow you to utilize your mind to its fullest. For example, cancer patients who were given placebo pills (Placebos are often associated with sugar pills that have no medicine) as part of their treatment were able to get well without real medical treatment. So how did these cancer patients get well? The power to heal themselves came from their thoughts because they were told that the placebos contained the highest amounts of cancer-fighting medicine available which could cure them in a couple of days. The cancer patients believed that their medicine would restore their health. Their minds turned their belief into a reality and cured them of their illnesses. Isn't it amazing how powerful your mind is? Of course, if your mind can cure cancer patients then all of your dreams should be achievable if you only "set your mind to it." One of the most effective ways to use your mind for dream realization is to use the "as if" principle. Using the "as if" principle, you act as if you are the person you want to be. Act as though the things that you want to possess are already in your possession. This isn't necessarily a literal possession that we are talking about but often a figurative possession. What do you want to be? Do you want to be a doctor, lawyer, newscaster, Olympic athlete? Think, act, and feel like one. By "being" your goal, you'll be much closer to your goal because you are constantly in touch with your final objective. Be obsessed with your dream! You can be everything that you want to be. For this to be effective, you can't just act like you are what you want to be. You have to actually take ACTION. Don't get so lost in this new reality that you forget to take action, because without action your new reality will remain a fantasy. Do what needs to be done and do it today! Let your dreams motivate you to actualize your purpose in your existing reality not just in your head. There was a weightlifter who was stuck on 300lbs. No matter what he did he couldn't figure out a way to lift more. So, one day his lifting coach decided to trick the lifter. He told the lifter that the bar only had 300 lbs on it. The weightlifter went to the bar and lifted the 300lbs as he had done every day prior. After the successful lift the coach told him that he had just lifted 350 lbs! It's often true we can do what we think we can't, if we change what's in our heads. There's an old saying: "Fortune favors the prepared mind." It's all in the mind! In today's world, we're far too preoccupied with our worries, anxieties, and negative emotions. All of that baggage has adversely affected the state of our health, creating stress-induced conditions and diseases. A famous person once said, "Whenever you think you can or you can't, you're right." If you think that you are not rich, then you are not. You must recondition your thoughts and beliefs to be positive rather than negative. Many times it is hard to think rich if everything around you truly is poor but that when visualization with a bit of imagination are required. Visualize your house/apartment to be a mansion, your old car to be new fancy sports car (no speeding), and everything else around you to be exceptional. Use your mind to expand the possibilities of your life into a new reality. There is no limit to what your mind can achieve by combining belief, will power, and action with positive thinking and a positive mindset in order to arrive at your dream destination.

About the Author

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