

The Miraculous Power of Three Dimensional Positive Thinking

Mind-body-spirit, id-ego-superego, father-son-holy ghost, mind-matter-ether, body-mind-soul. Whatever you choose to call it people from all different types of background; academic, philosophical even new age all tend to agree that there consists three dimensions to ourselves. The implications for positive thinking are huge and indeed it is not until all these aspects are brought into line that a person can really harness the power of positive thinking and make dramatic progress...sometimes even miraculous progress towards their goals. So has anyone alive gotten their three dimensions into line I hear you ask? Well, yes certainly. Take a look at any successful person and the chances are they will have achieved some degree of alignment within their dimensions. I happen to have just watched a clip of tennis player Roger Federer collecting yet another trophy. He certainly has addressed all of these aspects and it has been a major reason for his success. His competitive mindset, focussed attitude, and persistent rigorous training all align his three dimensions adequately. Let me just say here that my preferred way of phrasing these dimensions of ourselves is that of: thought-word-action. I find using this phrase makes it abundantly clear what needs to be done. First your thoughts have to be of clarity and purpose. You have to know what you want, you need to have some sort of plan, believe you can achieve it and have the ability to drop negative thoughts from your mind. This is particularly important in the case of thoughts regarding fear. Once you can consistently control your thoughts and keep them channelled towards your goal then you have the first of the three dimensions under your control. Secondly your words have to match your thoughts. There is no point thinking one thing and saying another. Words are very powerful. They can be used to re-affirm to yourself what your intentions are, they can be used to pass on your thoughts to others so they may assist you and they can also effect the actions of others in the future. Thirdly your actions must also match your thoughts and words. What is the point of thinking and speaking in a certain way and then when it comes to the crunch not actually following through with these intentions. It is said that a decision has never been made until it has been acted upon. This is very true as regards your actions. No one can make you do anything...only you can take the correct actions to help you achieve your goals. Now take a look at your own life goals at the moment. If you are not making the progress you would like examine your own dimensions. Do your actions really match up with your thoughts? Do you speak confidently about achieving your goals with others? Do you let fear run free in your mind and interfere with your positive thoughts? If any of these occurrences ring a bell then maybe it is time to be honest and acknowledge that your progress is going to be slow until you get these three aspects in to line. The good news however is that with a bit of time and practise these dimensions can all be put into alignment with each other and you can make significant progress. Indeed there is nothing you cannot do or have should you choose to follow this approach. Go ahead now, believe in yourself and create a fantastic life.

About the Author

Author Tim Ryan provides FREE guidance and training on the power of positive thinking. Simply click: <http://PositiveMindwealth.com> to discover more.

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