

The Power of Positive Thinking

By Remez Sasson

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results.

A person with positive thinking mentality anticipates happiness, health and success, and believes that he or she can overcome any obstacle and difficulty.

Positive thinking is not a concept that everyone believes and follows. Some, consider it as nonsense, and scoff at people who follow it. However, there is a growing number of people, who accept positive thinking as a fact, and believe in its effectiveness.

It seems that this subject is gaining popularity, as evidenced by the many books, lectures and courses about it.

To use it in your life, you need more than just to be aware of its existence. You need to adopt the attitude of positive thinking in everything you do.

How Positive Thinking Works

The following story illustrates how positive thinking works.

Allan applied for a new job, but he didn't believe he will get it, since his self-esteem was low, and he considered himself as a failure and unworthy of success.

He had a negative attitude toward himself, and therefore, believed that the other applicants were better and more qualified than him.

Allan's mind was occupied with negative thoughts and fears concerning the job, for the whole week preceding the job interview. He actually, anticipated failure.

On the day of the interview, he got up late, and to his horror he discovered that the shirt he planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a wrinkled shirt and without eating breakfast.

During the interview, he was tense, negative, hungry and worried about his shirt. All this, distracted his mind and made it difficult for him to focus on the interview. His overall behavior made a bad impression, and consequently, he materialized his fear and did not get the job.

Jim applied for the same job too, but approached the matter in a different way. He was sure that he was going to get the job. During the week preceding the interview, he often visualized himself making a good impression and getting the job.

In the evening before the interview, he prepared the clothes he was going to wear, and went to sleep a little earlier. On day of the interview, he woke up earlier than usual, and had ample time to eat breakfast, and then to arrive to the interview before the scheduled time.

Jim made a good impression and got the job.

What do we learn from these two stories? Was there any magic used?

No, everything happened in a natural way.

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Positive thinking is the way to success.

Learn how to adopt a positive way of thinking and expect successful results.

Positive Thinking Is a Way of Life

With a positive attitude we experience pleasant and happy feelings. This brings brightness to the eyes, more energy, and happiness. Our whole being broadcasts good will, happiness and success. Even our health is

affected in a beneficial way. We walk tall, our voice is more powerful, and our body language shows the way we feel.

Positive and negative thinking are contagious.

We affect, and are affected by the people we meet, in one way or another. This happens instinctively and on a subconscious level, through words, thoughts and feelings, and through body language.

Is it any wonder that we want to be around positive people, and prefer to avoid negative ones?

People are more disposed to help us, if we are positive, and they dislike and avoid anyone broadcasting negativity.

Negative thoughts, words and attitude, create negative and unhappy feelings, moods and behavior. When the mind is negative, poisons are released into the blood, which cause more unhappiness and negativity. This is the way to failure, frustration and disappointment.

Positive Thinking Instructions and Advice

In order to turn the mind toward the positive, some inner work is required, since attitude and thoughts do not change overnight.

Read about this subject, think about its benefits, and persuade yourself to try it. The power of your thoughts is a mighty power that is always shaping your life. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange, give it a try. You have nothing to lose, but only to gain.

Ignore what other people say or think about you, if they discover that you are changing the way you think.

Use your imagination to visualize only favorable and beneficial situations.

Use positive words in your inner dialogues, or when talking with others.

Smile a little more, as this helps to think positively.

Once a negative thought enters your mind, you have to be aware of it, and endeavor to replace it with a constructive one. If the negative thought returns, replace it again with a positive one. It is as if there are two pictures in front of you, and you have to choose to look at one of them, and disregard the other. Persistence will eventually teach your mind to think positively, and to ignore negative thoughts.

In case you experience inner resistance and difficulties when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.

It doesn't matter what your circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. If you persevere, you will transform the way your mind thinks. It might take some time for the changes to take place, but eventually they will.

Another useful technique is the repetition of affirmations. This technique is similar to creative visualization, and can be used together with it.