The Power of Your Words And Thoughts

We have heard at one time or another this phrase “be careful what you say” in the Bible this phrase is “be careful what you say the walls have ears” To me the meaning is everything is listening.

The Bible reads in the beginning was the Word and the Word was God, that he spoke the word and created this very world before him and saw that it was good and pleasing.

My dear friends you have this very same power to create by your own words, the reason for this fact is; we are made from this very same creative source. Yes the Bible says all of us were made in his image. That's a pretty powerful statement of fact! God or what ever you want to call the Prime Creator made you from his essence.

Let us take one cell of a human body, in that cell contains the whole of that body-meaning; within one cell taken from you, they can create another copy of you with its total composition of what makes you........you. Pretty powerful right?

What you see before you in your reality...right now bad or good...you created by your own words and your constant focus or thinking. The Bible says we are given a choice and free will. So what do you think that means?

Discovering this for myself was; (thoughts (Choice) & perception (free will)). You have the right to keep or not the thoughts you hold in your mind. Your perception to those thoughts and to your surroundings cause you to react negatively or positively.
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Your perception of what is studied and thought about consistently is important, your perception of someone else and their words and your reaction to those words is important, your choice on what to say or how to say the words coming out of your mouth is important too. So is this the meaning of choice or free will that is being discussed in the Bible? Is it really that simple?

Perception of thoughts that you hold in your mind consistently will create your core beliefs and those in turn make your thoughts more powerful, which in turn will make your reality more real to you. Change your perception and your world changes around you...too.

I must say learning these things has had a big impact on my life, my life right now is much happier. I'm creating wonderful things and working on what will be the next steps to my life's future and I'm doing better at getting the right things to happen each day.

Example; We all have bills to pay...right but that is not what you focus on, the thing to focus on is that everything is taken care of, that you have the abundance for all things, be it fun, pleasure and everything else. I've truly seen some great wonders happen for me in the past year. Just recently a bill came in for the gas company for $204.00 and they're going to shut it off. I thought how can that be, that's extremely high but we can work this out. I went into the mantra that everything will be OK and called the company.

I was told that a payment of $100.00 came in, that now the bill was only $104.00 and it was not being shut off. Where it came from or when the $100.00 came in doesn't matter, what does matter is that everything's OK. Sometimes it's best not to question the wonders being performed.
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Some of you may not know this fact, that we are creating as we go along!

*For those that do know we create......there are some days we tend to forget this fact.*

We've been shown through the film and book The Secret that what we hold in our thoughts with feeling is attracted into our very existence. This for me is real as I have seen it over and over again in my life. I have many examples to give this is one;

When my son Brandon was 4 years old we went on a trip with Father's friend. First day out she informed me we will be camping by a river. My first thought was *OH MY GOD* what about my 4 year old, he will need a life jacket. We hadn't gone far down the road to the river when we spotted something orange in the road I made her pull over and I retrieved a life jacket just my sons size. How amazing!

You can say to me "you were heading to a river naturally you would find a life jacket. Maybe that's true but it was the size for a small person or a child, do see that often? I thought of a life jacket for a 4 year old and then it came true...immediately. That's still amazing!

We have the right to change the reality we see around us, by our words and our thoughts.

Powerful to think *we have control* over our own lives, no one else has that power over us....unless we give them that right.
The key was discovering that *perception* in the way you look at things makes a big difference in any situations outcome. What I mean by that is; *your perception is the control over your reality* and over all of life's situations. This knowledge can alter your reaction to people and animals and how they will respond back to you and how ultimately the situation will end.

The more lovingly and calmly your reactions are to your reality and knowing that you truly created this reality, realize then you ultimately have control over any situation.

The fact of the matter is all situations that you are facing right now bad or good, you created, and if they are bad, knowing that you can fix them helps you create a better outcome in your life by having a clear mental picture of the end in mind and that it can be achieved right now.

Knowing that you have created all the situations in your life by your focused thought and perceptions is the first step and will help you to watch your thoughts more closely in the future.

The next step is learning what will direct you to react calmly and lovingly in all situations....this will be key in totally changing your future favorably.

The way you think and *talk* to your self is *very important*. The thoughts inside your head need to be totally up lifting and self improving always. *You need to be working on positive self talk consistently*. It's important to stay plugged into positive works, like books, Cd's, DVD's and successful positive people and their teachings.
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When some plan you have been working on didn't go the way you planed, you still need to hold that calm, love, and gratitude in your heart with the perception that it turned out in some way for the best, then it will reveal to you that maybe what you wanted wasn't going to be a good thing for you in the long run, or that it really did turn out in a good way, it just needed to be looked at differently. It's your choice.

We have to look at a situations after it's over to discover what you needed to know. All circumstances you think went bad need to be fully examined to know if there wasn't something good out of it. Sometimes it's hard to see but look anyway.

The knowledge you gain by reexamining what you feel went bad is valuable to know for the next time you create a situation to go through that seams hard to bare, soon they won't seam so hard because you hold the perception that things work out to there best, more and more it will turn out better and better and as you keep holding on to good thoughts you soon will stop creating this type of situation and start creating better and better situations of greater and more wonderful circumstances and of meeting great and loving people.

The situations can turn out good or bad by your perception. Know that there is no bad or good to anything until you put a feeling of bad or good to it. It just is, that's all, you are the deciding factor to make it one way or the other.
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We have heard this.....live in the NOW. I always thought something was wrong with that picture because my now's use to suck. Brandon (now 26 years old) said; “mom it means live in the creation and not the created” I understand what now means; it is for you to live in the next thoughts and words that creates consistently on and on your next second, minute or hours reality and on to tomorrows reality and that what you see around you right now is the past, that this past reality was created by your past thoughts and words. Knowing this, that you are living one thought at a time be mindful of your words and thoughts even as simple as what you think is a random thought can create your reality.

Brandon is always telling me to mind my thoughts and words because I can create very fast and change my reality in a heart beat. It is amazing when you start observing what is in your life right now and compare it to your thoughts and words that you too will see that you create very fast your reality.

Please start now to learn from great positive books, Cd's, DVD's, and from successful people who are positive do this on a daily bases because you need to refresh your mind and give yourself guidance. Hold gratitude and unconditional love in your heart.

Remember Love replaces fear.

Thank you,
Barbara