

Take Charge of Your Mind's Focus

The big question we hear a lot is "How do I make changes?"

There are lots of different techniques and approaches that you can use, and we'll discuss others in future articles, but today we're going to focus on a three step 'Observe, Create, Imprint' technique.

Here's the thing... You are thinking, visualising and affirming every day, but often it's undirected and unhelpful. We spend time thinking about the things that annoy us (and attract more), we have conversations or arguments in our heads with people who we think have wronged us (and attract more) and we judge others in a heartbeat, often in the negative (and attract the same).

Does that sound familiar?

We all do these things. We put so much time, thought and energy into them, and then complain about our lives being disappointing when actually it is us that is making them that way! Think about the power of thinking, visualising and affirming good things, great things, amazing things! 'Seeing' and 'feeling' our lives working in powerful empowering ways, seeing beyond the pettiness of others and in the process dropping our own...because we realise that it's that very negative outlook that will be creating more of the same for us.

Observation

First off, you need to get to know yourself better. You need to examine your thought patterns and know what is running through your mind on a consistent basis. Thoughts are things and are essentially the weavers of your reality. You will be surprised what you will discover about your inner voice when you start applying the following techniques. Remember, there are no rights or wrongs with your results, only growth and expansion.

Start paying conscious attention to your thoughts. Find out how your mind works, what it focuses on, what it says about things, people and events. Identify the type of language it uses; take note of the balance between negative and positive. Then think about the fact that this is what you are vibrating and sending out to the universe, and that this is also what you are attracting back to yourself.

Don't beat yourself up when you find yourself thinking negative thoughts, rather just identify and label them, or imagine those thoughts are on a computer screen; highlight them and hit the delete button! Then replace them with positive empowering thoughts. Now don't confuse this with a 'positive thinking' approach. It's about actively reframing the situation in your mind, so you feel better both in your mind and body. Say the thought comes into your head "I'm never going to have any money". The positive thinking response would be to replace that thought with say "I don't need money to be happy anyway" or "I'm sure my money problems will be over soon". It's changing the thought, but not challenging the underlying belief or circumstance. With reframing you dig a little deeper. You examine where that thought is coming from and think about how you can see the situation in a different light. So you might reframe it as "Things are certainly tough financially at the moment, but what great insights into managing my money I'm getting from this experience. It's not easy, but it's certainly a valuable learning and growing experience for me that I know will serve me well in later life."

The secret is not to react to negative thoughts when they come; they can only get power from you. If you don't give them power, don't believe them, just acknowledge them and label them as negative, then reframe with empowering and positive thoughts, you will master them.

Creation

Next you need to start working on creating the life that you want. Before you can create it, you must have a clear vision of what you want to create. Take 30 minutes and write down what you would like your life to be like:

- what 'things' would you like to own?
- what job would you like to have?
- what wealth level would you like to have?
- what experiences would you like to have?
- what house would you like to own?
- who would you like to meet?
- where would you like to holiday?
- what emotional states would you like to mostly live in?

Think about every aspect that would make your life what you truly want it to be.

Now that you have this clear vision of your future, spend 5 minutes a day on each of these following two exercises:

- A. In your mind see yourself living the life the way you wrote it down. Let your mind go free and lose yourself in the powerful mental images that go with what you really want. See it as if it has already happened...

TIP: If your mind interrupts and is negative, just thank it for sharing and keep on with your new mental movie of success. Keep returning to the mental movie; with practice your mind will stop interrupting.

- B. Imagine what it would feel like if these things were happening to you right now... Feel those feelings, build them in your body, let your imagination run wild and truly feel those sensations of success, excitement and gratitude. Let yourself get completely lost in those feelings.

We can't emphasise enough how important it is that you do these exercises every day.

Imprint

It is likely that your vision for your future will require some development or strengthening of some personality traits to support you in achieving it. Imprinting techniques can be used to assist in this process.

Think of three qualities that you would need to have in order to live the new life that you have designed, and write them down. These might be things like confidence, courage, persistence, commitment, charisma, focus, big picture thinking, negotiation skills. Identify your top three.

Write out an affirmation for each. Keep them short and to the point. Let's take confidence as an example, an affirmation might be:

'I am powerfully confident'

Repeat each of your affirmations to yourself for two minutes at a time at least once a day. If you find yourself waiting in line somewhere, or stuck in traffic, then these are perfect times to do your affirmations. Aim to 'feel' the affirmation, so if it's confidence, fill your body with the feeling of confidence; 'feel' powerfully confident. Run mental images through your mind of yourself being confident through your mind; 'see' yourself in your mind actually being and displaying powerful confidence.

Note that the words will work by themselves, but if you are able to support them by 'feeling' and 'seeing' you will imprint your sub-conscious more quickly.

Again, it is very important to do the affirmations every day.

Use these techniques every day for 10 days and observe what happens. You will be amazed at what you discover; at what you learn about yourself and also about others. You will grow and expand from day one. This is about life creation; this is about you designing your own life based on what deep down you truly want.

The power of your mind is immense, and with concentrated focus its true scope of power begins to emerge. It is the evolution of expanding consciousness.

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