

The Power of words, thoughts & feelings

The words that you absorb throughout your life can have a lasting effect on you. You are programmed by what you hear, are told and are surrounded by. If for example whilst growing up; you were constantly told 'you are useless' you are programmed with this and may begin to believe it. This is then further enforced whenever you are feeling a little low and your ego reminds you of this and other negative and self-limiting beliefs pop into your head. It is too easy to allow negative thoughts to take over and then to actually speak about yourself in a negative way too.

Thoughts are very powerful and so much so that what you constantly think about and say, you are in effect 'asking for' in your life. Your thoughts and words are your message to the universe and to the angels about the life you wish to create.

Try to become more aware of what you are thinking and saying and whenever you find them turning negative; stop yourself in your tracks and say in your mind 'clear, cancel and delete' to undo that thought. Try not to obsess about your thoughts too much though; just begin to turn more of the negatives into positives. A good way to do this is by creating an affirmation for every negative thought that comes to mind and for any fear or worry you currently have. For example if you are thinking 'I am not good enough to do that or I don't have the confidence'; cancel that out and then write down or say in your mind a positive affirmation such as 'I am successful' 'I am a strong, confident person'. The more you say it; the more you will believe it and it then really begins to manifest.

You will be aware that it is easier to think positive thoughts when you are feeling good and joyful. It is hard to constantly monitor your thoughts so if you focus on making sure you feel happy and good inside; everything else flows naturally. When you wake up in the morning, set your intention to have a good day and feel happy. Of course we are all allowed the odd low day but focus on being happy and joyful for the majority of the time and you will find that your positive; happy feelings, begin to naturally attract and create more positive things into your life. Sharing your joy and happiness with others further increases the flow of blessings coming towards you.

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