

Transforming Thought *by Regina Ann*

Your thoughts create your reality. If you question this statement, consider your thoughts about a given aspect of your life. Now compare your thoughts to the reality you currently reside in. As a life coach I often hear people tell me they want a certain outcome *but...* It's the 'but' that always negates the fruition of the outcome they say they want. When you tell your subconscious mind 'but' you may as well have not made the initial statement to begin with as you are setting yourself up for failure and frustration.

An important aspect to transforming thought is to *identify* those thoughts that do not serve your highest good, the ones that sabotage what you desire in your life. These are thoughts that we have accepted from others or from ourselves. We may be consciously aware of these thoughts or we may have hidden them from ourselves.

Our thoughts not only come from within us but from outside us. Many of the most crippling thoughts we speak to ourselves came from someone else originally. In receiving these thoughts from others as truth we bind ourselves to someone else's truths and limit our own potential.

Furthermore, within our subconscious mind there is only the present. It does not comprehend time. When we say we want something our subconscious mind does not compute that. In order for the subconscious mind to understand we must speak to it as if what we desire already is. The more we allow ourselves to experience the reality of what we desire the better our subconscious mind can comprehend it. For our subconscious mind it really is best to 'dream.'

To transform thought, select an outcome you desire which seems to never come together. This may be the perfect mate, financial prosperity, a nice home. Whatever it is, write it down. Write it as a thought, for example, "I want financial prosperity."

Examine the terminology you use for your thought. Is it expressed as a fact or a want? Re-write it as though it was already a fact and you were living the life it brings to you. If you wrote "I want to be financially prosperous" re-write it as "I am financially prosperous and I am grateful for what I am able to offer to myself and others as a result of my prosperity." How does the latter statement feel as opposed to the previous one?

Now draw attention to any sabotaging thoughts that may be associated to what you have declared. In our example above a sabotaging thought may be "I will never be financially prosperous because rich people are not happy." Examine why that sabotaging thought exists, what is its origin, and what do you need in order to release it.

As you begin transforming thought learn to "hear" your thoughts, identify how you are speaking to your subconscious mind, and look for sabotaging thoughts. Pay attention to the results of transforming your thoughts. Take note of how your reality changes as your thoughts transform. I recommend a keeping a journal. A journal is an extremely

successful way to identify your thoughts, release those that do not serve your highest good, transform your thoughts, and make notes on the results you see created in your life.

Regina Ann ~~*

Regina Ann is a Usui Reiki Master Practitioner & Teacher, Trauma Release Therapy Master Practitioner & Teacher, Transformation Coach, Whole Wellness Coach, Shaman, Published Author & Speaker, Mom to three sons and Twin Flame Soul Mate to Rich Bentz. To learn more see our blog ResonanceHealing.blogspot.com