



THOUGHTS

“Thoughts are choices we choose to entertain.”

Our thoughts come from our ideas, our judgments, and the focus of our attention. Intellectual activity within our mind is what is really going on. Our emotions play such a huge part in what we think, primarily because of how these thoughts and expectations roam about in our head. This all depends on where we choose to take residency: in the Kingdom of Spirit or the Kingdom of Ego?

Imagine for a moment that these thoughts roaming throughout our minds screamed out loud. Everyone would hear them, see them, and feel them—ultimately changing the way you think. You would feel as though you needed to be more in control of your thoughts and their effect on you.

Our mind is a computer with multiple ideas and realities functioning simultaneously. It is essential that you practice focusing on the positive as well as the important information that you really need, in order to flow throughout your mind and body and create a better or more harmonious reality. We write the script throughout our mind—we create all that is surrounding us. The mind is one of the most powerful tools

that we are blessed to have. Begin to use it wisely by taking control of your thoughts. Always imagine your thoughts as if they are being screamed out loud. Do they sound like you wish them to? Or are they in need of being controlled and changed positively into how you wish to feel.

Control the negative thought, feel it, play in it if you must: it's really you just playing out the ego's voice. Then forgive it and set it free. When you become more enlightened you will not allow thoughts that are of ego, only those coming from spirit. You will not waste your time or energy on creating things that don't serve your highest good.

Remember, as powerful as some thoughts may seem, they are only thoughts. However, every thought you think is recorded through nature's door and it will be played out in an aspect of your life at some point in time. Listen and be patient with your thoughts. Begin to focus on where your thoughts belong. Maybe some of these thoughts need to be placed in the recycling bin. Sometimes our thoughts are planted so firmly within our minds that it is quite difficult to let go, especially thoughts born from fear and hurt. This is precisely where focus is needed to exit the ego-mind and when, bringing in thoughts of love, peace, harmony, forgiveness, and gratitude, you will enter into the spirit-mind. I encourage you to create a gatekeeper to dissolve negative thoughts from ego and return them into the nothingness from which they have come, so that they don't gain entry into your inner sanctuary.

Some thoughts are useless and do not need to be roaming in your mind, because they can attract mental and emotional viruses from the ego and deplete your peace. Your mind is for thinking and creating: that is why we have one. But if you would spend useless time thinking thoughts that should not be created, or if you are in ego's web and creating thoughts that attack another person, remember that those thoughts are against yourself: they must be neutralized. Use forgiveness.

Everything we think comes back to its source. Life is a full circle, so choose wisely what your thoughts are, because you are actually attacking yourself when you think negatively

of others. Spend time with your thoughts. See where they roam as you create compartments with your mind and place them where they belong. Recycle the ones that come from ego and focus on only the thoughts that can benefit you. Stay positive and watch the change this will effect within your entire being. The more spiritual you become, the less you will think, because your thoughts are free of unwanted energy and they are just in peace. Actually, you can simply use your thinking to create, and when you are not creating you can simply enjoy the life that you are living. Use this *awareness* and think only of these things: love, peace, harmony, forgiveness, and gratitude, watching the beautiful results that life has in store for you.

REBOOT Mantra:

I am in control of my thoughts. I will process all that I think and create a positive reality. I live in the Kingdom of Spirit and I am at peace.