



VEIL *of*
CHANGE

Realign Your Living Thoughts

LIFTING THE VEIL OF CLARITY

You Can Realign Your Living Thoughts

Have you ever wondered about your thoughts?

Where they come from?

How they arrive in your head? What creates them?

Who influences them? What effect they have on your life?

Thought creation is the living you from inside, thoughts are your own, and no-one else's.

However its possible through your inherent learning from childhood and from formed re-actions through your life that your thought processes may be stuck in a groove or rut in the road.

- ✓ By identifying the negative dominant thoughts and working to change them, it's possible to climb out of the ruts of the track you are on.

You are already in the process of change through observation, stopping and pausing and making conscious decisions about your next move. You are also practicing to be open minded, all of these together are changing the way you think

- ✓ By managing your instinctive thought processes, you are creating a much larger canvas for you to create your life.

Your thoughts do create your life, your outlook whether it is positive or negative will create what you bring into your circle of experience.

For Example:

Quite a few years ago, I was sitting in the back of a car with my mother In law, we were going on a long journey in Australia, I forget where to exactly. But journeys in Australia mean that you can be driving for a long time without seeing another vehicle on the road for hours on end. Anyway after a long silence, we both spoke at exactly the same time. Both about what we were seeing out of the car windows.

She saw on one hand, ruts in the road, debris from other travellers, and nothing but a bland boring expanse of land.

I, on the other hand, saw plants growing in the desert and I wondered at their strength and resilience, I saw the horizon shimmering in the afternoon heat, clouds forming in the distance, and tiny dots, which were either cows or wild horses. I saw giant anthills and trees sparsely scattered here and there. I saw a wild raw country and marvelled at the animals that lived there.

The point of this story is all about personal perception and outlook on life. I know who had the more interesting journey and yet we travelled the same road, in the same conditions.

All thoughts are released and realised

Be very aware of your thoughts running around in your head, are they positive or negative? All thoughts are released and realised, so it is very important that your thought patterns reflect who you are and not of those around you.

- ✓ Build yourself an armoury of positive thoughts if you ever need lifting out of a negative mood. Show the world who you are, smile and your smiles will be reflected back to you.

If you want to create a happier life, a more interesting life, then look for the positive in all situations. Even in very negative situations there is usually a positive side or positive angle.

It is estimated that the average person can have up to at least 60,000 thoughts per day. So to clarify we are talking about changing your most dominant thoughts if you discover they are negative.

Here are some ways to realign your dominant living thoughts:

- ✓ **Your Thoughts are Powerful:** - remember you are creating your life with your thoughts.
- ✓ **Be Aware of your thoughts:** - so you can adjust them if necessary
- ✓ **Negative Thoughts:** can be replaced with positive thoughts

Dominant thoughts and beliefs can be consciously controlled, leaving the rest of your thoughts with a pattern to follow.

- ✓ **Over time these changes will be natural to you**

Using your workbook, see if you can identify your most dominant thought patterns and list changes that will bring them more into alignment with what you want to achieve in life.



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Discover more at <http://www.truelifejourney.com>