

Positive Thinking Course – Content

Session 1 How your mind really works	Thoughts affect our feelings, emotions, words and actions – but, what is a thought; what is a positive thought; and why are your awareness, perception and attitude so important?
Session 2 Understanding Influences and the Power of Choice	We are all affected by influences from within and without but, we can choose the freedom to face and come to terms with these obstacles, and stop them affecting our lives.
Session 3 Developing Positive Self-Awareness	Get to know who you are, that you are an actor of many parts; when you step back from them, you can be the real you: self aware and positive.
Session 4 Exploring Spiritual Principles that Sustain Positive Living	Your right to freedom comes with responsibility for your actions: the following are all important - your identity awareness; how and why you act; your current reality; your intentions; your beliefs; and your abilities to substitute, relax, and practice.

Session 1 - How your mind really works

Thoughts affect our feelings, emotions, words and actions – but, what is a thought?

Thoughts are energy, they are like the seeds of plants, and are the beginning of every creation and experience. The human mind can create amazing things, imagine what it could achieve if its energy was focussed within... Thoughts are our most valuable treasures; they have enormous effects on the self and others. Do you know your own thoughts and thought patterns?

What is a Positive thought? - A positive thought is a thought that brings benefit to the self, others and everything around us!

Awareness, Perception and Attitude - thinking and life responses are based on awareness, perception and attitude: **Awareness** is being consciously aware of a belief; **Perception** is how I actually see things; **Attitude** is making a choice about how I want to see or conduct my life.

Awareness	Perception	Attitude
Understand / Know Myself	I am patient & cheerful	Non-Judgmental
	Seeing good in others	I Like Myself
Linking, making connections to now	Look on the bright side	Forgiving and forgetting
		Failing to plan is planning to fail

What is the Mind? - To understand the mind we can ask the question: what does the mind do? The mind consists of the **subconscious mind** and **conscious mind**. The **subconscious mind** is like the memory bank where everything is stored. The **conscious mind** thinks, feels, imagines, remembers etc. - it is everything you do but cannot see; it is non-physical and reflects the self.

The **intellect** is a separate faculty that helps the mind; it judges, observes, decides, discriminates etc., it makes sense of thoughts and decide which direction they take. To control and direct your thoughts, it is essential to positively strengthen your intellect. This can be done through conscious choice, self-awareness, and self-understanding. A stronger, more positive intellect chooses positive, powerful thoughts.

The Spiritual Law of Thought - your mind is like a magnet - **whatever you think about in life you attract it into your life** – i.e. the more energy/attention you give something, the more it manifests.

SOS – as **you are what you think** it is important to experience positive thoughts, beliefs, attitudes and perceptions. You are separate from your thoughts, you can choose which thoughts to have – here is a process you can follow:

S Stand back - separate yourself from the influence of your thoughts and take control;

O Observe - observe your thoughts and decide whether they are what you want them to be, or not;

S Steer - gently without force, begin to create the type of thoughts you wish to think.

‘Where the attention goes, energy flows and is the direction in which growth takes place’.

Past, Present and Future – NOW is where you are and is the result of all your yesterdays – NOW is when you can choose where to go tomorrow. NOW is where you can decide to use the wisdom of past experience; NOW is the beginning of the rest of your life. And NOW is when you can think positively about what your life is all about and act positively with the sense you know you have!

Session 2 - Understanding Influences and the Power of Choice

Influence - to overcome an external influence or a negative internal influence, you need stability within. The more you understand and experience your own inner qualities and powers, the stronger and less dependent you become on others. And the more you rediscover your own qualities, the more you will see those in others, too.

Life concerns - we all have them; from global to personal and, they can feel like obstacles but: **‘Obstacles Instruct, not Obstruct!’** They tell us where we are, and teach us how to improve – spending time worrying about obstacles, rather than dealing with them or making decisions about them, destroys peace of mind and reduces our power to deal with them. **The trick** - focus your attention on your inner self, draw all your energy and power together on a spiritual and mental level, and you will find clarity and choice. **When your energy is focused and concentrated internally, your circle of influence grows and automatically has a greater influence on those things you are concerned about.**

Freedom and Choice - when you have realised and accessed your own inner positivity and resources, you will have the freedom to think what you want, when you want: with this inner freedom, life quality increases and you start to enjoy life. Freedom is not running away or hiding from your circumstances: **real freedom comes when you choose to face and solve whatever it is you have to come to terms with** - situations and circumstances will continue to follow you until you stand and face them.

Apply SOS to give your self space and choice.

Session 3 - Developing Positive Self-Awareness

It all starts with your identity – who you are. Are you your labels - eg name, family, profession, language(s), colour, gender, interests, religion, political beliefs, cultural roots, social class, education, appearance, status, age, nationality, likes / dislikes, ideals, aims in life, goals, tastes in films, books etc? Or are you an actor?

You are an Actor! – you play many roles and fulfil many activities, but they are not you, the observer – the roles may change, but the actor will not.

Letting Go / Dis-identifying: the value of dis-identifying with your roles is that you can remain positive with self-respect and detached from any negative comments regarding your role(s) or identity (including any negative baggage you have). Letting go of roles means: greater life effectiveness and easiness when moving between them; letting go gives you clarity and easiness.

Identity - Your Higher Self: so you’ve let go! You’ve dis-identified! What are you left with? Who are you? You are the actor, the soul, the conscious energy, a point of energy, the player of the roles; the non-visible being, here in your body, playing the roles you do.

S Stand back

O Observe

- yourself as an actor, playing a role;
- the situations you face as scenes in a drama;
- other people playing their roles;
- the ideas, concepts you have of your own identity;
- yourself playing your roles in a negative way, i.e. with frustration, impatience.

S Steer

- your thoughts away from the labels and roles to your true self;
- dis-identify from the roles and labels;
- your thoughts to the awareness of being a radiant point of consciousness, energy or light.

Gently without force, begin to create the type of thoughts you wish to think.

Visualise yourself playing a role in the positive way you choose – with patience, with coolness and tolerance – with your inner qualities.

Session 4 - Exploring Spiritual Principles that Sustain Positive Living - Your Right to Freedom comes with Responsibility for Your Actions

Awareness: The awareness I hold affects my identity and ultimately the way in which I conduct myself.

Positive Action – Rights and Responsibilities: most people are aware of their rights, but do we pay the same attention to fulfilling our responsibilities? E.g. rights at work, in relationships, in the law etc. For instance, if you want respect, are you aware you have a responsibility to give it?

Action (Karma) – “every action has an equal and opposite reaction” and “as you sow, so shall you reap” describe the law of karma, the law of action and reaction. The law states your actions will come back to you; even if you experience difficulties, they have the seed of opportunity to help you understand and develop – **there is benefit in everything and how you respond is more important than the situation.**

Current Reality – you are responsible for your current reality, as the creator of your thoughts or mental state, you have created or attracted the current situation(s). But, you are **NOT LIMITED** by your circumstances, because you have the **Power of Choice** to act and respond and to choose the future you want! You can create a positive future; it is a matter of belief and active positive thought.

Intention – it is not what you do in life, but **why and how** you do it that is important; if you live intentionally, you will determine your life. Your thoughts give the opportunity to live on purpose, with positive self-awareness. Examples of actions with a positive self-awareness include giving respect (because you have self-respect), giving benefit, giving another person the freedom to be themselves, seeing the good in others with no selfish motives and being a good example to others.

Belief – positive self-awareness is based on the belief or faith that we are positive; on the belief and experience of our inner resources and strengths; on the belief that what we need and want comes from inside us. Whatever you can conceive and believe you can achieve! Do you believe you are positive, with positive qualities within?

Substitution – to let go of something negative, replace it with something positive; do not fight weak thoughts, gently replace them with something positive. Another route, is be distracted e.g. by humour watch a funny play or walk or read etc. The activities will divert negative, wasteful or worrying thoughts.

Relaxation – on a mental level, trying harder or pushing your self can cause tension if not done with the right method. Tension causes loss of broad vision and creativity, and more pressure and stress. Be gentle and make effort peacefully; if you are not feeling peaceful, do a relaxation exercise or distract yourself first.

Practice – very simply, practice makes perfect; it is not just a question of knowing what to do but of doing it! (repeatedly). The power of realisation is strongest when put immediately into action.

Balance – balance your head and your heart, what you know and what you feel. The more you put powerful feeling into your positive thinking, the greater the result will be. Your subconscious will support your mind and intellect once it has been given nourishing food. So keep giving yourself nourishment (love and good feelings) and your determined thoughts will be empowered.

Attention – where the attention goes, the energy flows or what you think upon grows; the aim is to keep a positive attitude or focus: think of your good fortune, good qualities or your dreams. Naturally they will replace the things that you don't want.

Forgiveness – true spiritual growth, means we forgive the self, others, life etc. Sincerely done, from the heart, releases the self from much and allows you to experience compassion. Forgiveness is not just words, it is the genuine release of self from pain.

Creative Visualisation – self awareness – use your mind to see your self in a positive way, use your creativity to build the real you.

Apply SOS to give your self awareness of understanding positive ways of being.

Some last thoughts for you -

Use **positive affirmations**, e.g. ‘I am (**in the present**) self-confident’, ‘I am getting through this...’, etc

Use of words – be aware of the power of words, e.g. avoid using words like ‘I should...’, ‘I must...’, or ‘I ought to...’, these put pressure on ourselves, instead use words like ‘I want to...’, ‘I would like to...’ or ‘I choose to...’, these are more empowering and denote a power of choice. Also use verbs and adjectives (qualities) to describe feelings that will add strength to affirmations.

THE GOLDEN RULE – THINK POSITIVELY, BE POSITIVE, FEEL POSITIVE!