

You and the Big Picture

By Sid Levinsohn

"People seem not to see that their opinion of the world is also a confession of their character," said Ralph Waldo Emerson. This being so, you may want to ask yourself what your belief of the world around you reveals about your character? The point: The reality you've built in your mind via your thoughts, beliefs, expectations and feelings, creates the world of life experiences you encounter.

Simply put, every thought you invent is on its way to forming a matching future event. The advanced life lesson: "What you think about, comes about." To break out of past toxic ways of thinking, think of every thought as transforming a present possibility into a matching physical event. Fred Allen Wolf, Ph.D. in his book *Dr. Quantum Presents: A User's Guide to Your Universe*, says, "...you can boldly harness the power of quantum physics to transform any situation you find yourself in." Here's why: In each ongoing moment, you have free will; the power of conscious choice to break free from your toxic thoughts.

What quantum physics is suggesting is that everything is in a state of perpetual possibility until it is perceived, at which moment the possibility becomes real(ity). The overarching idea is that "You "get" what you focus your attention on." The key is to be fully aware that your focused thoughts and beliefs, positive or negative, provide energy that form the life events you experience. Be mindful that your toxic thoughts, unless replaced, don't allow you to change your present life experiences. So, instead of remaining in a negative status quo, begin by stepping outside the rigid box of your toxic thoughts, beliefs, expectations and feelings, so you are in greater harmony with the laws of love and, the miraculous destiny you were meant to discover.

If your present beliefs are not working to create the reality you want, make it a point to mentally introduce highly beneficial thoughts, which will allow you to rebuild your life the way you want to experience it.

You need to remember that toxic thinking is a bad thing that happens to good people. In thinking the future has nothing good in store for you, you are consciously choosing to believe you are NOT a powerful co-creator. The big Ah-Ha is this: As a conscious co-creator, which is your heritage, YOU are in charge of, and responsible for, your thoughts and the future experiences they attract into your life. Remember, quantum physics is suggesting the world is teeming with a limitless possibilities and, is constantly changing, depending on what future possibilities you choose to focus or preoccupy your thoughts upon. The bold assertion, "Thinking 'I can' makes it so," is true, after all. Thinking "I can't," is no longer defensible.

**EVER THINK OR SAY:
"WHEN I HEAR BAD NEWS, I FREAK OUT?"**

IF SO, START TELLING YOURSELF:

“If, ‘What I think about comes about,’ and I “get” what I focus on, I had better start thinking intensely about what events I want to “come about” in my life. In *choosing* to become overly emotional whenever I hear something I don’t like, I need to recognize that in each present moment, with every positive or negative thought I choose, I’m *attracting* (“like attracts like”) and *creating* an identical future event to appear in my life. I need to keep reminding myself that every thought creates a matching future event. As an example, if I think and believe I’ll “freak out” when I hear bad news, that’s just what will “come about.” Conversely, if I release my self-limiting thoughts and replace them with positive mental imagery, visualizing and feeling the outcome I want to achieve as an already created event, and I do this with strong inner resolve, then what I previously thought to be impossible, “unrealistic,” and totally unimaginable, now becomes imaginable and, will form in my life as a like event. All because I altered my focus, which, in turn, changes what I experience. The lesson: Consciousness is not limited, unless I believe it is.

As a conscious co-creator, an aspect of Universal Consciousness, my first order of business is to monitor and change my self-limiting, catastrophic thoughts and beliefs. And I can do that by choosing more responsible thoughts, each capable of manifesting greater life experiences. Since I “get” what I focus on, the instant I find myself focusing intensely on thoughts and feelings such as, “Every time I hear bad news, I freak out,” I’ll look for the toxic belief behind it, that’s causing me to feel a sense of hopelessness and helplessness. In this case, it’s the core belief “I’m powerless to change the circumstances in my life.” The thing is, I am NOT powerless--just the opposite. I am by birth, a very powerful co-creator of my daily life experiences.

I need to keep in mind that because thoughts are vibrating energy in motion, not only do they attract matching events to appear in my life, but they affect every cell in my body, as well. I also need to be clear that continuing to *expect* the worst, which is unnerving, to say the least, brings about feelings of loss of control, which lead to a self-inflicted sense of powerlessness. Each day, from now on, I’m going to remind myself that ‘If I always do what I’ve always done, I’ll always get what I always got.’ I need to recognize that by changing my toxic thoughts, the events I experience in my life change.

What’s required on my part is, strong intention, coupled with heightened persistence to search out and change my toxic thoughts, “knowing” inwardly that as a conscious co-creator, **I become my thoughts and I’m living in the world I create!** Plain and simple, **my thoughts create the life events I experience.** What I’ve been missing all along is, recognizing that my outer world is like a mirror, reflecting my inner beliefs, thoughts, expectations and feelings. The good news: Through the power of thought and feeling, life is revisable.”

“There is only one admirable form of the imagination: the imagination that is so intense that it creates a new reality; that it makes things happen.” Sean O’Faolain

“We are so much more undiscovered than we discovered.” Kobi Yamada.

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