

# WHAT ARE YOU THINKING?

By Mercedes L. Miller



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What did you say to me? Many of us need to pose this question to ourselves. Our adamant desire to ensure that we gain, maintain and receive respect from others is often thwarted by our own inner dialogue. Because we have become so accustomed to the negative thoughts swirling around our minds, we accept it as commonplace the derogatory comments and negative conversations we permit our conscious and sub-conscious to share.

If we follow the prompting that instructs us to renew ourselves daily through the transforming of our minds, we must first consider what we are currently renewing each day. Are our thoughts drops of poison that contaminate our entire existence? Do we daily allow distorted views to penetrate our psyche which directly affects our mood, demeanor and attitude? Do we repeatedly entertain personal messages that corrupt our minds causing us to dance with defamatory statements about ourselves, laugh about stoic comedy that ridicules our being and dine with bitter h'or derves that continually penetrate a state of mind that does not bring us joy and peace. If daily your renewal process consists of allowing the spin cycle of negative affirmations to rumble throughout your mind, it is time to make a conscious decision to take inventory of your thoughts and change them where necessary.

When transforming your mind, you must consider what you are saying to yourself. The same way most individuals will not allow another human to degrade and disrespect them, we must accept no less than that from ourselves. For those who believe they do not have the strength to stand up to others concerning how they speak to you, your triumph may first come by being bold enough within yourself to disband and be intolerable of personal negative thoughts. When you are able to command healthy communication with yourself you can then request it from others. Some people are bolder when it comes to championing the cause of another. Are you the individual who insists that others speak to your friends, family members and loved ones with reverence? Your point of reference, then, is doing for and to yourself what you demand others do with those you love. Your dialogue with yourself must set a standard for every other aspect of communication you have in your life.

Your thoughts determine every word that your mouth speaks and each action your body takes. Careful contemplation of your thoughts will rapidly reveal that each thought determines the depth of your peace and pain; your thoughts elevate the height of your triumph and anger; your thoughts provide the focus for your laughter or tears. One of the things in this life over which you have choice and control are your thoughts. You establish the course of your thoughts as long as you are conscious and aware. So what are you thinking?

When you are ready to begin a new journey take note of what comes to your mind. Do you immediately seek out the obstacles, pitfalls and negative aspects of your desire? When someone gives you a compliment, do you, without hesitation, begin to make negative remarks contrary to the compliment instead of simply saying thank you? If so, these are direct results of your habitual conversations with your self. STOP!

Evaluate each thought you allow to go through you your mind. Yes, every single one. That is the only way you will become aware

of the tapes you continually play in your head. Negative thoughts about your self-image can cease. When you look in the mirror instead of finding what is wrong, compliment yourself on what you like. Make a mistake and keep moving. Refrain from calling yourself stupid or saying I must be losing my mind. Those phrases that we say in passing seem harmless but have a profound affect on own lives. Your alternative is to recognize your own mistakes and not allow them to spawn negative communication about you to you. When negative thoughts arise in your mind, stop and change them. Although you cannot alter what others say to you, you can completely control what you say to yourself.

Allow your own thoughts to be affirming to you. Orchestrate your thoughts to elicit comfort and encouragement in your endeavors. You set the standard by thinking positively. By making the conscious choice to think positively of yourself and to yourself, you develop a pattern and way of life that allows peace and joy to reside in your mind. Your thoughts can be altered by changing your thinking patterns. When you have a negative thought, think the opposite. Write down positive and loving comments about yourself in a journal or on your calendar everyday. Begin to fill your mind with the positive things by reading books that improve the state of your mind, listen to tapes that guide you in the right direction and have conversations with people who feed love and light and life and peace into your existence.

Whenever you are in a state of unrest – what is going through your mind? More importantly, when you are experiencing delight, happiness, bliss, excitement, strength, power, vigor and love – WHAT ARE YOU THINKING?

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