

POSITIVE THINKING TO POSITIVE LIFE

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Mind Power; Positive Thinking

Positive thinking is a must for everyone and basic rule one has to maintain so that he/she can achieve the best of the height. Normally people think that they cannot do it, it is beyond their limits, but actually if they think in right direction and put their efforts they can win the goal. But the question is how to make it possible. The article discusses on the issues and how to overcome the problem.

To laugh often and much; to win the respect of people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty to find the best in others; to leave the world a bit better; whether by a healthy child; a garden patch or redeemed social condition; to know even one life has breathed easier because you have lived.

Ralph Waldo Emerson

This is the core meaning of having succeeded in life. Normally we look at the people in terms in money he/she earns, wealth, life style, social contacts and so on. But does that constitute to have succeeded in life, for the people who come in our life they are there because they need you, not because they like you. They have no choice but to be with you.

Whenever we see any ordinary person achieves extraordinary things in their life, we look at them with awe, wonder eyes. How this person who was just ordinary till yesterday achieved such height. At last our thoughts accepts resignation, and tell ourselves they are destined to achieve it, he was capable, has godfather and all other reasons. We never try to understand ourselves that an extremely unhappy person, with disturbed relationship no prospect or limited prospects transforms himself into a respected individual and unlimited success and power. What is the quality that is extra in them?

The dictionary meaning of the word power is to be able to. Power is not to conquering people, or over power for such things seldom lasts. But it is constant in this world. Power is ability to produce the expected results and at the same time create value for others. Power is to empower others. Power is money. Power is knowledge. Power is strength. Power is self control. When you have information you have power to exercise, take decision. Still this is not enough. You need to have creative thinking and positive attitude. Information and communication put together leads to great power i.e. is self control over yourself and situation.

Often our life is determined by how we communicate to ourselves, our mind, and our thoughts. Normally we all think achievers have gift of their own. That is not true. The only gift they have is ability to take action. This gift can be cultivated by anyone. Steven Spielberg, Steve Jobs, Ted Turner, Samir Bhatia, all had their own dreams. But they turned their dreams into action, in to reality. You are the one who decides how to feel and based upon the ways you chose to perceive your life. The key to our action and thought is within us.

Tony says success can be related to seven points.

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1. Passion: - It's the passion that drives everyone to achieve to be successful, to burn their blood to get results i.e. success.
2. Belief: - ultimately what we believe is what we become.
3. Strategy: You need to apply strategy.
4. Clarity of Values: Values are specific beliefs systems about what is right and what is wrong, patriotism, passion for freedom, pride and tolerance.
5. Energy: Energy to achieve and work upon our dreams.
6. Bonding Power: It is the ability to cultivate and develop rapport with others. Every successful person cultivated that bond between himself and society.
7. Communication: Last and important point is ability to communicate. The way we are in communic  with others and also ourselves determines our level of success.

Bunker Hunt, the oil billionaire from Texas was asked to make suggestion on how to succeed. He said, first decide what you want, secondly prepare to pay price- then pay the price. If you don't take second you will never have the first one. We have great many people "who do talking' no action and very few "who do and succeed".

In everyone's life, a time comes to meet ultimate challenge – a time when every resource we have is tested. At that moment we feel life is unfair to us, when our faith, values and patience is shaken and our ability to be pushed to limits. Few use these tiring time as opportunities to achieve – where as others succumb to it. But what makes some men and women apart from others? It is what we communicate with our soul, our mind. Remember, only people that have no problems are those who are sleeping in their graves. Things do not change, we change. If someone can fly a plane, you can, if someone can communicate well, you can, if someone can win race, you too can. What a person believes is that he becomes. Your communication must be always positive with mind, soul and body.

A few years ago in an office in New York funeral took place. A unique one, I should say. As and how employees came to office, they were greeted by grim face at the entrance conveying the message of death of an employee. Nobody knew who but their own colleague has died and funeral will take place. They were told, the person who was responsible for inhibiting your growth died yesterday. The body has been placed in the Cafeteria, till 12 pm today.

It was a sad moment for them, but was curious who the person might be. The employees trooped in cafeteria discussing the person in question. "Who is this chap who has been hindering our growth?" As they walk up to the coffin to have look in, as each person took a look inside the coffin, there was shocked silence – and look of disbelief.

Inside the coffin was a mirror. And below it was a placard on which was written: "There's only one person who can set limits to your growth. And that's YOU"

Now is not it true, that, we kill ourselves by negative thoughts, lack of vision, no future plans in career, having boundary limit, limitations to everything, and thus ending up miserably at some place. When things do not fall in line, we start looking for excuses, except ourselves. Instead, just start saying 'If it is to be, it is up to me.'" The power to change our views, our lives lies within us. Resist the temptation to blame others for your plight. If you start blaming others, we will take away our inner energy to change.

So take control of your thoughts. It involves understanding key factors that brings desired outcome and put them into action. When you are in control, you can achieve your goals. It isolates the negative factors that you get desired results. Remember, at any given point of time, you are in the right frame of mind, with the sense of control. Also we should be careful while in pursuit of control, there are chances

of going astray. When we pay much attention to the end result, we fail to notice how we approach things when everything is going smooth, under the circumstances we easily get trapped and obscure certain information.

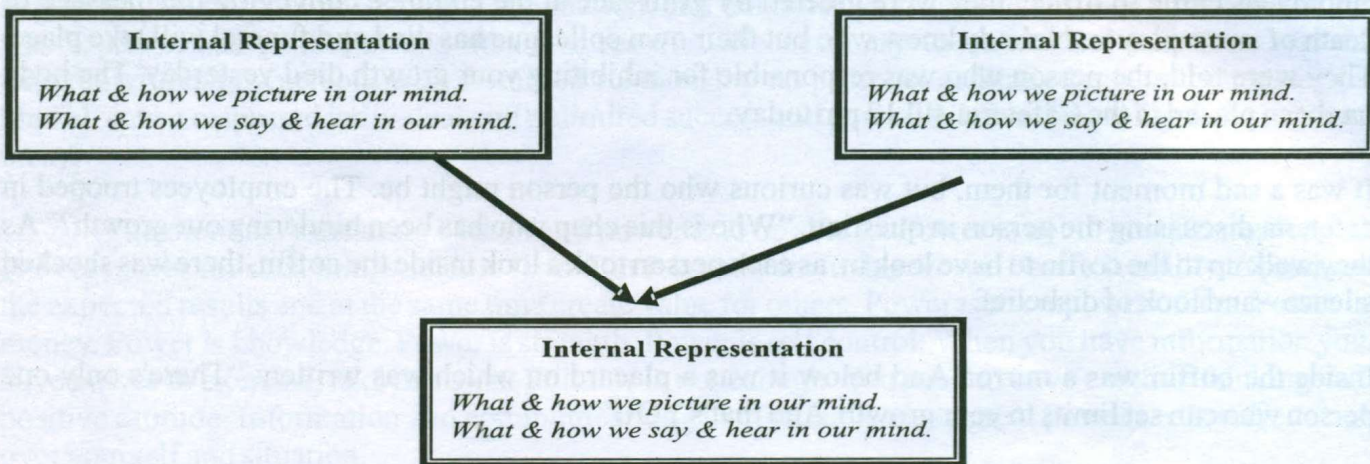
When control is not easy, we start to think that we have no control over situation even though we do. Poor approach and disappointing results leads us to think that we can't do anything about it. We start believing ourselves that we can't change the thing.

Dr. Burns, Professor of Psychology from University of Pennsylvania School of Medicine says intensive negative thinking always followed by depressive episode or any painful emotion for that matter. In simple words "every bad feeling you have is the result of your distorted negative thinking". Likewise, illogical pessimistic attitudes play the central role in the development and continuation of all your symptoms. You don't have to feel the way you do, for it is you who control your feelings and thoughts at any given moment.

Sometimes, we find that everything that we touch turns into gold, everything goes right suddenly when the dice turn, the same thing start going wrong; every step you take is wrong step. But still you are the same person. Why? The reason is the status of your mind, confidence, love inner strength, job – that springs person's power. Again there are paralyzing states of mind – sadness, confusion, fear, depression – that leave us powerless. So our behavior is the result of the state we are in. There are times we regret for what we said in past or done, it's important to remember these times when you were treated poorly. This helps you to take charge of yourself rather than getting angry. Every feeling, emotions that we signal to ourselves and feel stimulated from environment. The key is ability to know how to direct and manage your states.

How We Create Our State of Mind and Behaviour

The two factors, internal representation and Physiology are in constantly interacting with each other to



create the state we are in. And this state of mind determines the type of behavior we produce. So to control and direct our behavior, we must control and direct internal representation and physiological. Most of our decisions based on three senses visual, auditory and kinesthetic system.

These specialized receptors transmit external stimuli to brain which then processes generalization, distortion and deletion, the brain then takes these electrical signals and filters them into an internal representation. Our conscious mind can't use all the signals being sent to it. It stores the information it needs for later use and ignores the rest of information. So the key to produce desired result is to put our mind constantly in such state of mind that makes you to take such actions. Life is like river, constantly

moving, you will be at the mercy of river if you don't steer yourself in a direction that you have predetermined. If we don't plant the mental and physiological seeds of the result we want, weeds will grow; that may produce undesirable haphazard states, leading to disastrous results. Hence, it is necessary to communicate rightly with ourselves; by which outstanding positive results can be produced.

John Stuart Mill writes "One person with belief is equal to a force of ninety-nine who have only interests". That is why belief leads to excellence. When you strongly believe in something, your mind goes into the state of its being true. It helps us to find the richest resources deep within us. Creating and leading these resources in the support of our desired outcome. Without belief, life is like a boat without rudder. Belief helps us to understand what we want and directs us to reach our desired goal. Infact, the total history is the history of human beliefs. It is the belief that has changed the course of life of human beings. So to change our own behaviors, we have to start with our own beliefs. The power of belief is so strong, when patients have belief in their doctor; the recovery is faster, even if the doctor injects mineral water as injection. Belief is a state of mind; results of positive signals are transmitted to brain and nervous system. If you believe in success, you will succeed, if you believe in failure again you will fail i.e. you will be empowered to yield the result of your thoughts. Now the question is what kind of beliefs are best to have and how do we develop them?

The birth of excellence begins with our choice of belief. We can choose the belief that limits your potential or that supports your success. So the best thing is to choose the belief that is conducive to your success. Beliefs are pre organized approaches to perception that filters our communication with ourselves in a consistent manner. There are many sources from which beliefs originates.

1. Environment: It is here that the cycle of success breeding and cycle of failure breeding failure played out in the most relentless fashion. The effect of environment is very much on our beliefs. If you grow up in frustration, it is very difficult to form internal representation that will filter success. It is important to have positive environment. It is the single most potent generator of belief, but it is not the only one, whatever your goal may be, if you visualize a clear picture in your mind of the results you expect, you have already achieved it, you go into the state of mind where you create a strong belief for success.

Remember one thing; the world we live in is the world we have chosen, consciously or unconsciously. Belief is the foundation of excellence. They are the fundamental choices we make how to perceive our lives and thus, how to live them. So the first step is to find the beliefs that guide us toward the outcomes we want. The path to success consists of knowing your outcome, taking action. You have to find the right belief to get right results. There are many things that we believe in which will not lead us towards success, you have to through them out.

2. Everything happens for a reason and a purpose, and serves us.

We must try to overcome every adversity. We should focus on what is possible in a situation what positive results can come out of it. No matter how much negative feedback we get from the environment, always think in terms of possibilities. They think that everything happens for a reason and it serves them. They strongly believe that every adversity contains the seed of an equivalent or even greater benefit.

3. There is no such thing as failure. There are only results.

Most of us are brought up with a fear to accept failure. But still at sometimes we have faced it. But successful people don't see it as failure, but as a result or outcome of their efforts. Think for

a second. Are you not growing rich today of yesterdays efforts? Successful people use their experience and try out something to get results they desire. People who fear failure make internal representations of what might not work in advance. This is what keeps them away from taking action

So is their anyway that this state of mind can be changed without pain. There is a way to do this. Just understand yourself, how this little brain works; you can be your own therapist. Once take control of yourself, your emotions, your feelings, your behavior, you start producing effective results. You create a new model for yourself. Choice is yours. Either you push the button that plays song of happiness or push the button that creates pain. You simply just have to reprogram your play list, the memories that are not triggered are not going to build up pressure and explode just changing our internal representation from negative to positive one that gives positive result, so when we understand different ways we represent things and their effects, we can control our represent things and control our mind.

The people who produce extraordinary results have set of actions both mentally and physically. It is the syntax of action – the syntax – the way we order the action. The syntax of action is very important as it produces the ultimate result. It is called strategy. The same is applicable to either our personal life or our business. The company that has the best strategy leads the market. It is the model for success. Some people learn it by trial and error method, others just follow the strategies of other successful people modeling the same for themselves,. Now, the question is would you produce the same result by using it. This syntax of action empowers us to take proper action. It helps us in finding right resources, and makes use of it as and when required. We have strategy for everything, for motivation, for winning friends, for financial success, for winning a game. Certain sequence of specific stimuli always yield specific results. It is like combination of code numbers that opens treasury. You should just know the right combination that open vault of your brain. These are no right or wrong ways; there are only effective or ineffective ways to adopt to get desired results.

Physiology is the most powerful tool we have for instantly changing our state of mind producing great results. If you would be powerful, pretend to be powerful. There is correlation between your physiology and our internal representation of mind. Just imagine, when you are in great shape, health, how do you perceive the world, and when you are in pain, tired, how your thoughts changes towards the world. Any change in our physiological status strongly affects us. When your physiology runs down, so is the positive energy, when your physiology brightens up so is the state of mind. It is the lever, key to emotional change. Emotional change can never take place without change in physiological states.

When you feel down, start thinking positively, send positive signals to your brain i.e. internal representation, quickly you will be back into normal state when you are in negative mood, you begin to feel body ache, stumped down, nervous thoughts. Your nervous system is sending negative energy to body. If you stand up straight, breathing deep from your chest, look upward you can't be depressed. Try it, see the difference. Your brain starts receiving all positive signals to be alert, active and that is what you will be.

William Shakespeare has rightly said, our bodies are our garden.our wills are gardeners.

Dr. Paul E., Professor of Physiology at University of California says “We know that if you have an emotion, it shows on your face” It can go other way too. “You become what you put on your face.If you laugh at suffering, you don't feel suffering inside. If your face shows suffering you do feel it inside.”

Benjamin Disraeli once remarked “The health of the people is really the foundation upon which all their happiness and all their powers as a state depend” Energy is the full of excellence. Higher the energy level more efficient you are. Just follow the following principles which definitely help to keep you

healthy and healthy mind too.

1. Breathe deeply
2. Eat more water rich foods
3. Have right combination of food
4. Eat right quantity, never eat more than necessary.
5. Consume more fruits
6. Take protein rich food.

If all the above things are maintained properly, you will not only have healthy body, you will also have healthy mind.

Now, with all the above thoughts, information, it is important to know what do we want, how to formulate your goals and dreams and desires. Remember one thing, winning starts with beginning. Most of the times we see people who keep doing things one after another, with no results, they are the people who have no idea what they want, what they are looking for. There is no need to put limits to your strength, but you should know your self before deciding upon anything. Just consider the following rules to attain your goal.

- i. State your outcome in positive terms
- ii. Be as specific as possible
- iii. Keep records for everything
- iv. Be in control
- v. Just let your mind feel free. Any limitation you set is your imagination, set by your own mind. So whenever you tend to put limitation, banish such thoughts from mind.
- vi. Set target, a period to finish the work taken up.
- vii. Now, from the list pickup your goal that you want to achieve this year. For your list definitely consists of many things that are not wanted, things that you want immediately, so priority wise choose the one that you want to achieve this year. Once you make a note of it, put it on the paper.
- viii. Make list of important resources you already have at your disposal.
- ix. Think positively and change your state to the attitude that requires to achieve your goals.
- x. Write down the constraints that may come across, and how to overcome them.
- xi. Create your model to reach the goal.
- xii. Finally work on it.

“Where there is no vision, people perish” Proverb 29:18. How rightly said, we all must have certain vision, mission to achieve our targets.

Communication plays important role in the life of successful people. They understand the core meaning of the information and communicate it to people. They read only in between the lines, meaning, they gather only required information ignoring irrelevant information. It is important to communicate precise meaning to the people without leading to any confusion. To this you need to use specific verbs.

1. Be Specific – Be specific in your conversation, say what exactly you want from the other person to know. Do not walk around the bush.
2. Get to the people who can help you: Point out clearly who is more resourceful and can help you.
3. Create Value: Always create value for yourself. Simply someone will not help you because you are asking them for help; you need to create a value that you will be useful to them. Empathy is important.
4. Be focussed – You be focused on your vision, work and expectations that you have from others.

5. Follow up: Asking once doesn't mean that they will do the needful immediately. You may have to reach out to them many times before the job is done.

Many people's life is complicated with problems, mainly because they have not developed rapport with others. It is important to synchronize ourselves, our thoughts, with others. Know that there is always someone out there, who knows you better, understands you and help you in need of time. When most of the things are common with you and another person, you tend to like him more than the one with whom you have more difference of opinion. The way they do things may be different, but common interests remain same. "If you would win a man to your cause, first convince him that you are his sincere friend".
—Abraham Lincoln.

Now how can we achieve unity, a rapport with others? Whenever the kind of message you are trying to relay first has to be understood properly by the person to whom you have addressed. You should know how to move the person both intellectually and emotionally. It is through meta-program: the key to understand how the person processes information. Human nature has set of behavior pattern which determines their experience and behaviours.

1. To move in or move out: Human behavior revolves around the urge to gain pleasure or avoid pain. One gets away from fire for fear of burn but loves to see a sea shore.
2. Appreciation: A word of appreciation is something that motivates the people. It draws him/her like magnet. But if you know the value of your work, internally you can design anything that will be appreciated by others.
3. Sort by self or by others: Human relationship based on having personal interest for them, some are interested in for themselves and also for others. In business world it is important to choose right person for right job. Else it may lead to lots of complaint from both external and internal people leading to chaos. Most of the people in career fail to understand this and lead to totally frustrated life; hence it is important to sort people by self and by others.
4. Matches & Mismatches: Consider there are three objects, say three rectangles two kept in same position and third differently. Some people say just they are rectangles, some say they are rectangles two are kept in similar position and third one differently. This shows that, first category people match their wavelength easily and get along with everyone. Second category people are the one who will not get along well with everyone easily.
5. Art of convincing: The art of convincing is extremely difficult work. It requires lots of patience and understanding. To some people you may convince in single attempt to and to others it may take few attempts. Before that one should know their mental block and what it takes to stimulates them.
6. Possibility V/s Necessity: Most of the time people work for some company or organization out of necessity rather than personal interest. These people just accept anything that comes their way in their life. Even to change job or career it is the same. They act of necessity.

Others are motivated by interest, possibilities ready to take chances. They take chances for they are equally interested in the unknown too. Any employee is interested in hiring some one who looks for possibilities than the one who plays safely. Those who look for possibilities are tend to change their job, but others are attuned to same job feeling safety. No challenges, no achievement.

7. Working Style: Each person has his own way of working. Some are not happy unless they are independent. They will not yield results expected from them. Some like to be part of team – working under the guidance of someone who leading the team. They will not yield results expected of them unless they are on their own. Some like to be the part of a team – working under the guidance of someone. If you want best out of your team study their working style. Think how best you can maximize his / her output. If the employer is insensitive to understand

needs, the employees will be promoted to the height of his incompetency, which is widely known as Peters Principle. Should you be promoting a person who excels only in group or should you not, they should be promoted to certain extent. But you must give him job that suits his interest.

Our past experience teaches a lot. On thoughts filter everything out of its frames created by past experiences. It's our perception. The brain never sees the world; it interprets the meaning from previous experience.

With experience it is necessary to reframe our ideas, thoughts. The greater success comes from how we reframe ourselves/our thoughts from troubled time. The best example to reframed can be from Coke & Pepsi War, turning weakness into strength.

Now to produce good effective result we should learn most effective behaviors. But if they don't support our deepest needs and desires, encroach upon our deepest desires, that leads to internal conflict, we shall never be happy. What if the result is otherwise, you get one thing from other? In order to judge success or failure we need to have some rules. The values! What are values then? They are our personal beliefs that we believe in whether right or wrong. Your values are your beliefs. They are required to move towards our goals. They determine how you will react to any experience of life.

How these values are created in mind? The institutions as to right or wrong, good or bad, what to do or what not to do? They originate from our environment, surroundings, family values. They are different from person to person, country to country, culture to culture. So values are most important tool to discover once cultural value. To deal with people, we should know what is important to them what they value once you know; you can virtually predict his behavior.

“If a man hasn't discovered something that he will die for, he is not fit to live.”

- Martin Luther King Jr.

Life will give you anything that you want from it. Ask for happiness, joy, pain fun, anything. Only thing is you should know what to ask and how? For things to change, we should change our beliefs, and our mindsets. Do yourself a favour. Stick to this ten words “If it is to be, it is up to me.”

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