

The Dreadmill of Negativity...

In "The Biology of Belief", Bruce Lipton says that most of us spend 95% of our time living in our subconscious minds- so preoccupied in our thoughts that we end up missing entire chapters of our lives.

Have you ever been driving, and then suddenly realized that you could not remember the last few miles? As Sarah Preston commented:" "I don't know how I got here?" It's scary when you're driving, but absolutely horrifying when it's your life!"

When was the last time you made an effort to be 100% present?

How do you get off the Dreadmill?

CLEAN YOUR MOUTH: Be mindful of what you tell yourself!

"Words are ANCHORS to a magnificent ship capable of going anywhere, or a sinking ship that is doomed to the bottom of the sea."- Leanne Ely

Have you ever found a vehicle that you like, and suddenly you see that vehicle everywhere? This is your reticular activating system at work! Your brain subconsciously thinks "Oooh I like that

car. I am going to start looking for it without actually thinking about it!" Now that you are subconsciously looking for it, you'll notice it more often.

Your reticular activating system will look for things to MAKE YOU RIGHT! When you tell yourself "I am so forgetful" or "I am so fat," your brain will look for evidence to support the things you say to yourself. Now, imagine flipping the script and telling yourself POSITIVE things- YOU ARE WORTHY; YOU ARE BEAUTIFUL; YOU ARE STRONG; YOU ARE CAPABLE!

Proverbs 18:21 confirms this by saying, "Death and life are in the power of the tongue, and those who love it will eat its fruits."

Similarly, James 3: 9-12 says; "With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and saltwater flow from the same spring? My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water."

We cannot hope to have effervescent, vibrant lives filled with joy if we are filling our minds with negative words!

The anatomy of a thought starts with an idea. Question it! Is it true/ useful/ helpful/ kind?

When emotions drive words, that is the fuel! “I hate...XYZ!” We can choose to fuel brilliance or lunacy!

Jenna commented that her sorority creed was “To be democratic rather than exclusive and lovable rather than popular.” Focus on thoughts that elicit strong, powerful, positive emotions!

And Here's Your Alignment Assignment:

Step 1: Write out some transformative thoughts. What do you usually tell yourself? How can you flip the script?

When you find yourself saying something negative about yourself, CLAP TWICE to break the internal monologue, and say a positive counterstatement:

I HATE MY LUMPY THIGHS> I AM HEALTHY, STRONG, AND FIT!

I AM FAT> I AM LOSING WEIGHT AND BECOMING HEALTHY!

NOBODY LOVES ME> I AM WORTHY OF LOVE!

Step 2: Say something incredibly wonderful to someone you love.