

A Healthy MIND, A Healthy Life

by Lamar L. Irwin

"Life today is a result of thoughts from yesterday, so life tomorrow is a result of thoughts today."

A healthy life begins in the mind. When someone likes what is in his or her life, they have supportive beliefs. When someone does not like what is in their life, it means they

do not have those supportive beliefs. A healthy life is a result of having in life what a person desires. A belief is a mental rut created by a repetitious thought. Just like driving on a dirt road, the vehicle's tires tend to fall into the ruts created by repetitive use, one's mind tends to fall into mental ruts created by streams of repeated thoughts. All movement seeks the path of least resistance and thoughts are movement created by one's mind.

Where do beliefs come from? A person adopts beliefs from significant authorities while growing up, usually their parents and teachers. People also take on beliefs from peer groups. One of the greatest ways people develop their beliefs happens as they start exploring life. Every time a person takes new action he or she has a new experience. This leads to creating a new belief from the outcome of that particular action.

Why bother with beliefs? Beliefs are the outcome of what a person typically experiences in life. If a person's beliefs are aligned with what they desire they will attract those desires. If these desires are not coming into fruition, it is time to generate some new thoughts/beliefs. Benjamin Franklin said the defini-



tion of insanity is doing the same thing over and over again and expecting different results.

How does someone obtain a new thought or belief? The simple answer is to generate it. Everyone is the master of their own mind. Each individual is the gatekeeper to what thoughts they have and focus upon. The difficulty sometimes lies in that old and familiar thought rut. Think about driving down a dirt road with bad ruts in it. How little energy does it take to drive in the ruts versus how much energy does it take to drive on the higher portion of the road?

The analogy is exactly the same for thoughts. To drive the mind to focus upon new thoughts, energy must be expended. One must take charge of the mind's steering wheel and guide the mind to go where he or she desires it to go. For example, a person may have grown up with their parents fighting over money all of the time. If those fights were painful, they may have developed a belief that managing money is painful. Therefore they make sure that they do not have much money so they do not have to remember the pain. They also make sure that they do not manage it well, if at all. That person may also have developed a belief that he or she has to create painful circumstances around money, however unintentional it may feel at the time. The end result is always the same: dealing with money leads to pain. This is a thought rut that does not make for a happy financial life.

What can be done? This is a standard process that anyone can accomplish on their own. The first steps are to acknowledge that the outcome is not what is desired and to realize that thoughts have a lot to do with these undesired outcomes. Then clarify the thoughts that make up this mental rut. An internal moment of power happens when a choice is made to generate new thoughts in order to have new outcomes in life and the old thought is released. Once this choice is

made, research the thoughts/beliefs of people who have money and enjoy it. Commit these beliefs to writing. Place these written beliefs in close proximity to be read frequently; i.e. place them on index cards and put into a pocket, tape to the bathroom mirror and to the dash of the car. Include them as daily appointment on a computer calendar that pops up each time the computer is turned on.

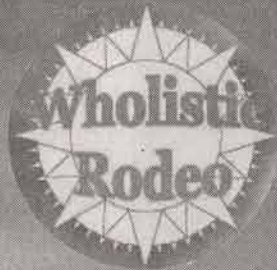
The trickiest part of this process is when the current reality has not changed yet. Stick with it no matter what the eyes see. Continue to choose to generate the new thoughts with empowering feelings until the desired change occurs. Life today is a result of thoughts from yesterday so life tomorrow is a result of thoughts today. This is personal power: conscious

choice of thought. Everyone shall have what they desire. The more empowering the feelings the quicker the change. Use imagination. It is a powerful and useful mental faculty. "Imagination is more important than knowledge" Albert Einstein.

The new thought will cause ideas to take different actions which will lead to the desired outcome. Once the new outcome is experienced, a new supportive belief has been established. Self congratulation is in order. Ponder the most powerful lesson: you are in charge of generating your thoughts, supportive or not.

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