

Beyond Positive Thinking: Part 1

Monday Call, June 22, 2009

- **New Website is Dynamite: placed our first orders this week**
- **Power Trainings Start June 29th – Registration emailed this morning**
- **Get Ready for Summer Special - Ready for swimwear, sun and summer fun? This promotion has everything you need to lose fat, nourish your skin and stay hydrated for summer at a \$50 cost savings. Get a canister of OsoLean™ powder and box of single-use packets, EMPACT® drink mix and a skin care trial set. A value of almost \$180 for \$129.**

This class comes from the book Jett promoted at Portland “YES” Event, “Beyond Positive Thinking” by Dr. Robert Anthony
In the “Welcome” he says “I will offer you a no-nonsense, practical way to create anything you desire.”

1. Positive Thinking, Negative Thinking, Right Thinking
 - a. Understand the difference: each of us has the ability to play this game of life with balance, harmony and joy, but we need to know the rules and the principles.
 - b. The laws of the universe are totally dependable (and unchangeable)
 - 1) The fundamental law is the Law of Cause and Effect
The effect or result of any situation must be equal to the cause. Ideas, beliefs are always the cause. This Law is impersonal...so you can be a good person and have so many problems and disasters because you live in ignorance of the Law. The universe is like a river...it keeps flowing whether you are happy, sad, good or bad. We can use it and enjoy it or jump in and drown. “We can only receive what our minds are capable of receiving.”
But the abundance of the ‘river’ is always there and waiting.
“The truth is we can have anything we want if we’ll give up the belief that we can’t have it.”
Beliefs are our limitations...whether they are true or not, if you accept them then that’s what your life will be.
We can only be successful to the degree we are willing to shed our mistaken beliefs. The problem? We don’t think we have any mistaken beliefs.
“Right thinking which is based on TRUTH and not illusion is the foundation that determines the solidity of all other thinking.

Positive thinking and negative thinking are both filtered through our belief system.”

The starting point of success: we create our own reality. If you believe something or someone outside of you is the cause of your problems, you will focus on the outside for solutions. “No amount of determination, no amount of willpower, inspiration or motivation will solve our problems if we look outside ourselves for the answer.”

2) The Law of Attraction

Like attracts Like...another irrefutable law that operates when you want it and when you don't. Everything you experience in life is invited, attracted and created by you. The mind attracts whatever is familiar to it...frightened attracts frightening experiences, confused mind attract more confusion, the abundant mind attracts abundance.

So, it makes good sense to be aware of our subconscious thought patterns that control our lives. Your subconscious mind's primary function is to support the conscious mind...proving that it is “right.” It is like an auto pilot. So if you believe right now that business is bad, and there are no new opportunities to improve your business, your subconscious will ignore new opportunities.

Trusting your creative power...you can use it to create anything you want...it will support us in our ignorance until we learn from it. It is done to you as you believe, not as you want. When we think we actually cause things to happen. That power within can be tapped by being more open, responsive and receptive to it. We must reduce the resistance.

When we create on the conscious we are able to make choices. When we create on the subconscious, we can not. So, take yourself off auto-pilot. Klemmer says we don't make 98% of our decisions...they are made for us.

“Choice begins when you stop identifying with your conditioned patterns of the past.”

There is no growth without discontent. Your life is an ever changing canvas...what are you choosing to paint on it? Tell the elephant story...how does this apply to your life? When we look at life and the insanity that we see, rarely do we look inside for answers to the confusion, we don't examine the RULES of life, so we operate in ignorance of ourselves and life,

and fight and strain to get what we want watching the futility continue to consume us.

Playing the game of life...how are you playing?

There is always a benefit...but the cost can be overwhelming.

“Your unlimited power lies in your ability to control your thoughts.”

“Your mind will sell you out but your intuition never will.”

2. The Truth About You

a. Who are you? How do you form your own self-image?

“The self-image we choose either allows us to be happy and successful or it tyrannizes our lives.”

This blueprint in our mind is not who we are but who we think we are. But perception is more powerful than reality!

The secret of the ages: “at the being level, your higher self, you are spiritually whole, complete and perfect.”

“Just as a drop of the ocean has all the qualities of the ocean, you have all the qualities of the Creator.”

We can't destroy this Higher Self; what we need to do is recognize that it is who we are and learn to channel it through our thoughts. IS this surrender?

“The gap between who we are and what we do is created through ignorance.”

b. Your ego is trying to trick you.

What does it tell us? That we should take a bad look at us...identify with your actions and feel guilty. “It wants you to judge, condemn and blame yourself for not living up to the expectations of yourself and others.”

How to control? Love yourself...neutralize that ego.

“The bottom line is this: if we cannot accept ourselves, that we are worthy and deserving, then we cannot accept that other people are worthy and deserving, and will therefore be in judgment of them.”

Only when you love yourself can you love others.

c. In a very important way you've created yourself whether you realize it or not. All the character traits, mannerisms, ways of talking, ...and even ways of thinking and believing you have borrowed, imitated or made your own.”

You are not a fraud and you are never stuck. “It's not a disaster to discover you're not the person you thought you were. On the contrary, it's the beginning of the end of the disaster.”

Never reject yourself in any way...just make choices to be better.
“How you see yourself creates your behavior, and this behavior creates your environment or your results.”

d. Release the past. Live life with no regret, just lessons that create a better you. When you hang on to stuff you choose to suffer. All of that emotion...anger lack of happiness, suffering...all comes from being disappointed in ourselves for not living up to some expectation. Let go of being right...forgive others and do it NOW. Resentment will destroy you... “Whatever you resent is a statement of what you lack.”

Don't ever get caught up in comparison...you have the power within.
e. Pleasing others is a psychological dead end. “The decision to live your life is your own responsibility...A person who knows *who they are* is not threatened by the beliefs of others.”

f. How do you treat yourself?

Many of us are afraid to meet our inner selves because we think we may not like what we see. But it is impossible to FEAR the truth about ourselves...fear is caused by resistance to the truth and by misunderstanding it.

g. Start your path to self discovery NOW. When you find things, look at it as a work in process. We are forever a work in process.

Exposing a weakness is the beginning of strength. Everything you learn about yourself is good news. “Self worth comes from self.”
Our path should be of self discovery not one of focusing on mistakes. So as we take on this self discovery we need to simply watch and observe, without judgment so we don't identify ourselves with temporary mistakes and faults and errors.

You are the one of authority...no one outside you.

“If you allow others to do it for you...they will do it to you.”

h. Why do you want to change your world? It is not doing anything to you...the people and events merely trigger feelings already in you. “Whatever is going on in our heart is in fundamental alignment with our outside experiences...” Some of those beliefs are really deep. If we are effective in changing our outer effect but don't change the inner causation, then we will just recreate the same experience again. When you reach a point where you just don't know what to do, then you will understand how the mechanical thinking process can not rise above its own limited level. “Just stay where you are and let it tell you something extraordinary. It will.”

