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# The Power of Positive Thinking- Revisited

(September 04) The power of positive thinking may have started in the ancients; more recently it was coined in the 70's with a book, appropriately titled "The Power of Positive Thinking" by Norman Vincent Peale. This simple notion caught on for some time with some people, yet recently has not gotten much press. I was talking with an associate recently who shared with me these thoughts in reference to feeling good and pointing our brains in the direction we want: "I know you think it's all a matter of changing how we think about things, but it goes much deeper than that". Now think about that... "...it goes much deeper than that..." How deep does it go? For too many people, the notion of having to live with the feelings of some terrible event or set of events is "normal"; that somehow through therapy, catharsis or simply an ongoing dose of regular suffering through reliving of such events will make things better.

## REALLY!?!?!?

So, if I have a sore on my leg, and I keep opening it up daily to insure how it looks so that every day it is very close to looking and feeling like the original wound, this will help? So what about when it does heal and there is a scar?

I have heard many people refer to emotional issues of past as "scarring them". I have heard people refer to themselves as "scarred or damaged". They say this as if something is "wrong" with them or how they are! A scar is the result of healing, the remnant of and example of the natural healing that occurs in our body is it not? A scar or an injury may remind some people of the pain, what about what we learn from that experience? How many times must one prick themselves on a pin in order to learn to be careful? Or burn themselves when cooking in order to be more cautious? There is value in our experiences, and value in recognizing such information!

The NLP presupposition "there is no failure, only feedback" and reminds us that in any situation, the results or reactions of our actions are feedback and offer us information which in turn allows us the opportunity to decide what we want to do next. The forward moving thinking of NLP and Coaching will point us in the valuable direction by asking: What do you want? And then next, what will you do to get what you want?

**THAT'S RIGHT!** To decide what we want to do next! We are not "victims" of our circumstances, of our "brain"... when we have thoughts that run away with us, we have to remember, **THEY ARE IN OUR HEAD!** And no matter how much one may believe they must live with certain thoughts or feelings, **WE DON'T HAVE TO! WE CHOOSE TO!** The limiting beliefs that create the notions of the need for suffering, pain, anxiety, depression are those things that we can change! NLP and Coaching offer a myriad of methods and ways to change limiting beliefs, to adjust our attitudes and to enjoy every moment of every day! Esoteric?! Living in a dream world? Why not?! It feels much better to live here, then most places I encounter! Would you like to join me? Contact me to feel better now! 😊