

Buddha and Mother Were Right!

*We are what we think. All that we are arises with our thoughts.
With our thoughts, we make the world. ~ Buddha*

At the risk of sounding cliché, most of our mothers were right: It is all in our heads. It is an inside job. We are what we eat! How often have you heard these gems, and how often have you said or thought them? Well, it turns out, that science has begun to prove beyond a doubt that we do in fact, have far more control over our outcomes and destinies than was previously “proven” scientifically. Science has begun to prove what philosophers and the faithful have known for centuries, including the fact that women and men do in fact think and process according to their uniquely distinct and different biological brains! (Men have more grey matter, women have more neurons!).

And so our mothers have, often anonymously, handed down the creative spark, the seed of the flower they themselves never hoped to see -- or like a sealed letter they could not plainly read. ~ Alice Walker

Ancient Philosophers are Smiling, (Without Judgment!), asking: “NOW what’s your excuse?”

Somewhere in the great beyond, Socrates, Buddha, (His name even ends in HA!), and all of the BC Boys are smiling down upon our hard little heads, along with the enlightened AD philosophers who followed, including Jesus, Goethe, Einstein, Napoleon Hill _____. (Fill in the blank). But we of little faith, need solid proof that thinking positive, acting “as if” and “being” our inner genius produces results before we jump in to the sea of possibility. We’re in a bit of a pickle now: our covers are being pulled; our excuses are running thin, even if we aren’t. It seems there’s proof that happiness, success, wealth, abundance, fitness, love and anything else you aspire to is there for the taking! We have no more EXCUSES for our self-inflicted misery. Yikes. How embarrassing to be caught lonely, miserable, un-fit and broke! YOU just aren’t attracting success and abundance correctly!

*“If you want to be like me I will help you, knowing we are alike. If you want to be different, I will wait until you change your mind.”
~ Jesus as quoted in A Course in Miracles.*

Mindset Madness

You have no doubt seen, read or heard about the maelstrom of “Mindset” materials, books and “Secrets” that have poured forth in recent years. There’s a new version every week it seems, which is good, because there is a flavor that most everyone with an open mind and a willing spirit can appreciate. Now that science has discovered new frontiers in the ability of the brain that can absolutely take us to where we want to be, we are seeing a newfound alliance between science and philosophy that will surely change everything we think about behavioral psychology and the anatomy of change. We live in an amazing and empowering time.

They can because they think they can. ~ Virgil

HAPPINESS PSYCHOLOGY

Martin Seligman, in his Harvard experiments with The “New” Psychology of happiness has given us proof and tools to improve our positive attitude, happiness, and success. Here’s the amazing part: A big key to the kingdom is simple, every day **Gratitude** in *action*. It turns out that forward thinking may be a better remedy than re-hashing the old and the negative, when it comes to personal development and emotional growth.

A negative mind spawns only negative ideas. ~ Napoleon Hill

Pick one and Live it: Whatever version of positive visioning and mindset appeals to you, whether the latest best seller, or an ancient story of Socrates, Buddha or Jesus himself, by all means PICK ONE. Work it, feel it, live it Choose Faith over Fear and the road to success will become less bumpy, more fun and more fruitful.