



Positive Thinking Doesn't Work.

By Cindy Silbert, Creator and Life Cultivator

Recently, a client told me about a conversation she had with her brother. She shared the personal transformation work she was doing with him and how it was helping her business. He responded with, "You know...this positive thinking stuff doesn't work." And then he went on to say that no matter how "positive" he had thought in his past, he still experienced limitations in his career.

My reaction was to feel sorry for this poor man who obviously doesn't "get it". I discussed it with my client and we completed our call. The next day, I had an epiphany as I realized that my client's brother was absolutely right. "Positive" thinking doesn't work. And, not only does positive thinking NOT cause transformation but it could actually be a root cause of people living life in a vicious cycle. The act of thinking positive to overcome negative thoughts adds a layer of confusion to a person - taking them further away from personal clarity which is one of the keys to manifesting what you desire. And in turn, positive thought to overcome negative thought leads to positive action to overcome negative action causing a person to take two steps forward and three steps back not leading to anything but frustration, irritation, stress and more confusion.

Many people are looking to the Law of Attraction as the answer to fulfilling their desires. The Law of Attraction says that by thinking positive you create a positive vibration and attract positive things in your life. What most people don't realize is that if you are thinking a positive thought to overcome a negative thought or are trying to change your life out of need or fear, your efforts are cancelled out. Your mind weeds through all of this effort and puts out a vibration aligned with the source, which is fear and thoughts about what you don't want. In addition, most people aren't prepared for the fact that when you try to change undesired thoughts and break free from what your mind has determined a safe and familiar place, your so called negative or non-desired thoughts get louder and louder. People like my client's brother can't take the self-induced mental abuse and give up trying to improve their thoughts.

So, what DOES work if positive thinking DOES NOT? The real secret is connecting with your desires in a way that they are not something you think, they are actually who you are and a foundation for how you live. So how do you connect with your desires? Shifting from thinking to creating is the key. During the act of creating there is no place for positive or negative thoughts. Creating connects you with your desires and puts your mind to work in a different way. Creating propels you forward and negative/positive thought patterns fall away. When you are creating, you naturally connect with your inner self so your mind is active but it is free of pre-conditioned thought.

Positive thinking does serve a purpose. Revealing your positive thoughts can reveal your negative thoughts and revealing your negative thoughts can reveal your fears and revealing your fears can reveal your desires and revealing your desires can provide the foundation for shifting from the unproductive negative/positive thinking cycle to creating. By revealing these layers of thought, you welcome them rather than resist them allowing you to let go and create something new. The more you shift to creating the more your thoughts will follow what you are creating -replacing the vicious cycle with manifestation of your desires.

Here's a three-step process for shifting from the negative/positive thinking cycle to creating a life that fulfills your desires:

Step 1: Let your thoughts reveal your fears.

You can start by writing down either your common negative thoughts or positive ones – knowing that most positive thoughts are tied to or intended to overcome negative thoughts. Don't judge them or even try to understand them, just write them down. Read your thoughts and ask yourself, "Because I think this, what am I afraid of? Write the answer down. These are your fears.

Step 2: Let your fears reveal your desires.

Now read your fears and ask yourself, "If I wasn't afraid of this, what is it I would want?" The answer to this question is what you desire and what you want to create in your life. Spend some time with this and try to pinpoint 3-5 key desires. Allow yourself to expand on your desires and describe in detail what you really want.

Step 3: Create from your desires.

Sit quietly and take at least 10 deep breaths. See yourself in a safe place and imagine that you are all that exists. See yourself stripped down of all that you have. Let your business, obligations, goals, to-do list, house, kids, pets and everything else other than you go. Let them drift away from you allowing you to be quiet within yourself. All that is left is you and the infinite potential to create anything you desire. You have the power to create a new life from nothing. Let yourself feel your body. Then ask yourself, "What are my deepest desires?" What is it I really want? What do I want right now? When you awake from your meditation, begin with the words "I am" and write down what it is you heard, saw and felt in this meditation. Continue writing in present tense and create now what it is you want to experience in your future.

You can access this aspect of yourself anytime to create your life from this point forward. And, you can use this technique as often as you like. Soon it will become habit to create what you desire every day.

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