

Hypnosis Works!



One of the best ways to increase your chance of success in all areas of life is to develop a positive mental attitude. Taking a positive attitude toward life makes you a happier person all round, and one that other people in your life look up to, and want to spend time with. There's even evidence that having a positive attitude can help lower stress levels and improve your health.

7 Ways to Develop a Positive Attitude

Here are 7 ways that we can all work toward developing a positive outlook on life.

- **1. Focus On The Present**

Mark Twain said, "I've been through terrible things in my life, some of which actually happened.

He was pointing out the fact that we often add to our problems by building them up in our minds to be bigger than they really are".

How often do you find that things you worry about for days end up not happening at all, or not being as big a problem as you thought?

By focussing on the present as much as possible, you can minimize the worries and fears that lead to negative emotions.

- **2. Use Positive Language**

Do you ever notice how much of what you say is negative?

Some people constantly complain about the weather, their work, their spouse, their neighbors, and any number of other things. We all do it from time to time. However, it's good to remind ourselves that our words are shaped by our thoughts, and the more we can look for positive things to say, the more positive our thoughts will become.

Willie Nelson said it well when he said, "Once you replace negative thoughts with positive ones, you'll start having positive results".

Make it your endeavor to commit to positive thinking. So, each day when you wake up give yourself a mini pep talk - what do you want to achieve? How will you react to trying situations? How will you avoid negative thoughts? Remember, thinking positive is a habit, which means it's possible to learn how to do it.

• **3. Accept When Things Aren't Perfect**

It can be difficult to let go of the need for perfection and control in your life, but sometimes it's very liberating to simply accept that things will not always go the way you hoped, and that's okay.

Sometimes things happen that are out of your control, and rather than wasting your energy on negative emotions, it's better to just accept that things didn't go the way you planned or wanted. Remember, most things pass with time.

• **4. Mix With Positive People**

It's a fact of human nature that we tend to mimic the people we spend the most time with. Think of how teenagers tend to conform to the social code of their friends. It's the same for everyone else, too.

So, the more frequently you spend time with positive thinking people, the more likely it is that you will begin to think and act in a similar fashion. Also, don't underestimate the power of laughing either, it has a wonderful way of reducing stress, connecting you with those around you, and generally making you feel better all round.

• **5. Contribute In A Meaningful Way**

One of the best ways to feel more positive is to contribute to your community in some way. It can be tremendously uplifting to help others, whether it's through the use of your time, skills or financial contributions.

As well as the good feelings that come with making a difference in someone's life, contributing your time and effort to a cause, allows you a brief escape from your current problems, and perhaps may even allow you see your troubles in a different light.

• **6. Keep Learning**

Develop a curiosity about the world around you, and the people in it. No matter what situation you're in right now, there is always something we can learn from it.

Taking a real interest in life gives you energy, it helps create new ideas in your mind, and gives you a different way of thinking about things, that can have a positive impact on your life as a whole.

• **7. Be Grateful**

Spend a little time each day thinking of things that you are truly thankful for in your life. Reminding yourself of all the reasons you have to be grateful, helps to maintain some focus on your situation. Being thankful will often turn initial anger or frustration into something more positive. Remember, we all have weaknesses, but focusing on your strengths prevents them getting the better of us.

A good practice to get into is that of keeping a gratitude journal. This is where you make a note of at least 3 things that make you happy or thankful each day. This is one of the best ways to foster the habit of gratitude.

Finally, keep in mind that how you view your life is your choice. No one is forcing you to have a

negative attitude, so take control and change it for a happier, more energetic, and more enthusiastic life.

Positive and Negative Words & Their Effect

Take a look at how words actually effect water crystals. Keep in mind, that the average adult human body is **50-65% water**, averaging around **57-60%**. The percentage of water in infants is much higher, typically around **75-78%** water, dropping to **65%** by one year of age.



Positive and Negative Energy Effects on Water Crystals - Dr. Masaru Emoto



Water, Consciousness & Intent -Dr. Masaru Emoto

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