

## Let's Stay Positive!

*You are creating your life in every moment with the thoughts to which you give most attention. (Will Bowen A Complaint Free World)*

Have you been complaining recently about the terrible state our world seems to be in right now? I certainly have! But this month, I am determined to complain less because I am convinced that what we focus on just keeps on getting stronger and stronger in our lives.

Do you realise that everything you say has an energetic signature attached to it? For example, if you say to someone, 'I love you!' a wave of warm, positive energy will extend from your heart to theirs. On the other hand, if you shout, 'I hate you!' at someone, a wave of life-destroying, angry energy will momentarily wing its way to them.

Of course, the same scientific principle also applies to our thoughts. If we silently say to ourselves one morning, 'I am so depressed today!' we inadvertently send a wave of dark, low, life-sapping energy into every cell of our being. If we wake up and say to ourselves, 'I am determined to have a wonderful day today!' a wave of positive energy will flood our whole system.

Now this fact of life definitely does not mean that you should suppress all your fears or all your anger with the world. It does no good whatsoever to talk at all times in a rather fake, 'happy-clappy' sort of way. If someone asks you how you are and you are feeling awful, there is no need to grit your teeth and tell them you are 'absolutely fine'. But on the other hand, you really do not want to respond in a way that basically leaves you drowning in words resonant with self-pity or victimhood.

In order to protect our long term well-being, we need to learn how to process all our negative thoughts and feelings in a way that liberates us from being trapped in more or less constant negativity. We need to learn to go with the flow - even when the waves are stormy - rather than trying to get rid of our stormy feelings by stuffing them down in the subconscious layers of our mind or projecting them outwards and then blaming something or someone in the world around us for our distress.

However, to process all our fearful thoughts and feelings successfully, we need to learn to draw a fine line between cultivating genuine, heart-centred self-compassion and wallowing in self-pity. We need to shift our thinking and our words from, 'Poor me. Life is so unfair!' to 'Yes, life is pretty painful right now,

but I am strong and I *will* get through this!' The energy of the first sentence will pull us even further down into a trough of despondency, whereas the energy of the positive second sentence will really help us to rise above all the challenges life throws at us.

Another way to modify your language to assist you to rise above the lower levels of thinking and feeling is to create a little distance between you and your painful experiences and emotional reactions to them. I was watching a short clip of Ram Dass on You Tube just the other day, and he suggested that instead of saying, 'I am depressed' for example, we can change the sentence to, 'I notice some depression rising up in me right now.'

'I am' is a really strong statement. So if we want to improve our long term health and well-being, we can simply start to use a lot of exceptionally positive 'I am' statements such as, 'I am open to receive miracles today.' Or 'I am determined to live in love and joy today.'

Once you have chosen a few positive 'I am' statements with which to start every day this month, you might then like to keep a list of them on your bedside table so that you can read aloud one or more of your life-supporting 'I am' statements as soon as you wake up each day. Take just a moment or two at the very beginning of each day to read aloud your uplifting 'I am' statements slowly and mindfully and then deeply breathe in the positive energy that your bright words will generate.

As you go through your day, see if you can simply become a little more mindful of your use of language. If you start to notice how many of your statements about yourself - and indeed about life in general - are quite negative, please do not feel downhearted. Seeing how we inadvertently drag ourselves down in this world with our fearful, 'What about me?' thinking is a wonderful first step toward making sure that our thinking and our language support our highest good, at least most of the time.

We all begin our journey this lifetime from fear to love by being unconsciously incompetent. For many years, we do not even notice how often we depress ourselves with our negative thoughts and speech. Then, if we are truly blessed, we may begin to become 'consciously incompetent.' We finally begin to notice how we are harming ourselves with our depressing language and habitual 'Poor me!' thoughts so that we now have a real motivation to change our behaviour.

For quite some time, we then have to make a real, conscious effort to modify our language so that we begin to become 'consciously competent' at using

positive speech to support our personal growth and well-being and the well-being of those around us.

Will Bowen, an American pastor even created a purple rubber band to assist individuals to stop complaining so much. The idea was that each person would transfer the rubber band from one wrist to the other whenever they complained about something out loud and the goal was to get to 21 days of being complaint free.

Ultimately, the goal of those using the purple wrist band was to reach a level of not complaining where participants in the project would become 'unconsciously competent' at positive thinking and speaking. At this point, of course, they would no longer need the wrist band.

Wouldn't it be wonderful if one day we no longer even had to think about watching our language? Wouldn't life be so much better if positive, uplifting statements about ourselves, our lives and our whole world came totally naturally to us most of the time?

So with that wonderful idea giving us such an inspiring long term goal to reach for, please think about joining me this month in committing to becoming just a little more mindful of the way in which we inadvertently tend to drag our energy and mood down with negative speech.

We do not have to make a huge deal out of going for this positive change in our lives this month. Maybe it will be enough for you just to begin to notice whether your conversations with friends or family are mainly positive or negative. Becoming a little 'consciously incompetent' can feel a bit uncomfortable for sure. But it is so worth going through this uncomfortable stage of watching our language so that at some point in the not too distant future, speaking and thinking positively becomes as automatic as breathing in and breathing out.

Then and only then, we can become part of a wonderfully uplifting search for long lasting solutions to all the world's seemingly endless problems, rather than inadvertently adding even more negative energy to a world already choc-a-bloc with it.

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