

Secrets of Positive Thinking

by Ariel Bar Tzadok

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Do not underestimate the power of positive thinking! Where you think is where you are at. In order for the reality around you to be good, it must be that way first in your mind. Thoughts are indeed things, and we can make these things real, BUT, in order to do so, one must follow the proper way

Just because we have tremendous mind power within us, does not mean that we know how to use it, and if we did have the know-how, there is no guarantee that we would not abuse it. In order to safeguard, us Heaven has arranged the present format of the human mind, and placed natural “speed bumps” along the way of consciousness expansion. Strong power in weak hands is never a good thing. There has to be a way to first strengthen weak hands, in order for them to be empowered to receive the influx of an empowered mind.

Let me provide here some simple steps. These will not transform anyone overnight into psychic supermen, but if followed correctly, and consistently, they will indeed enable one to unleash, and possibly direct latent psychic powers for the sake of bettering the world around us.

To begin with, one must learn how to dialogue with one's own mind. These may be simple words, but this is by no means a simple practice. Dialoging with one's mind means having a honest and revealing conversation with oneself. Being that most people do not perceive themselves truthfully, but rather embrace a self-image that is somewhat skewered, the first step to truthful inner dialog is the ability to admit to oneself, one's faults and one's weaknesses.

One will never acquire strength if it is built upon a weak foundation. The self-deluded human mind is the weakest of all foundations. We cannot build on what we wish to believe is true, we can only build on that which is actually true. So the process of building a strong mind, which can then psychically project strong thoughts, begins with building the stable foundations of mental and intellectual inner truth.

Becoming completely truthful with oneself may be a life-long process. We cannot wait until the end of life to influence all that came before. We have to start now with what we have, and not focus on absolutes. Nothing in the universe is absolute, not self awareness, not truth, not anything. Everything is a combination and a mixture of many things. In our context, we are a mixture of many thoughts, beliefs, feelings, and natural abilities and limitations.

Acknowledging who and what we really are is the first step in recognizing our limitations. Recognizing such limitations enables us to perceive which thoughts we can and cannot project outwards, with expectation of them transforming into external reality.

External transformations begin with internal revelation and personal transformations. When we change, we change the world around us. We cannot expect things around us to change unless we too change. All is connected. We are part of the whole. What we do influences other things. So, what exactly are we doing? Discover this and you will discover how we are either helping or hindering the fulfillment of that which we wish to become real.

Inner dialogue begins within the privacy of your own mind. It begins with the question, who am I really, and then asks, what is it that I really want? With this knowledge, one can then proceed to ask, is what I want really a good thing? How will it affect others? Is what I want good for the whole, or just for for my small part of the whole? Seeing the small picture creates small thoughts. Small thoughts rarely, if ever, have the strength to materialize. Seeing the big picture, however vaguely, one projects thoughts for a greater, comprehensive good. When one individually is not the center of one's picture, this too is also very helpful.

Remember this, Heaven does provide our needs, true, but still, there is no promise that Heaven will provide our desires. Heaven sees things differently that do we. Heaven foresees both good and bad, blessing and curse. We lack this foresight, therefore when we develop thoughts, based upon what we individually may want, instead of what is better for some future, unseen, greater good, we are thinking weak thoughts, and Heaven does not pay attention to weak thoughts.

Positive thinking in the face of adversity can be both a blessing and a curse. It is a blessing when we face hardships with hope and optimism, that we shall in the end prevail. It can be a curse if we allow positive thinking to blind us from seeing just how bad our present circumstances actually are.

Positive thinking is a prerequisite for prayer. Honest perceptions of self are a prerequisite for prayer. One cannot pray for, and hope for, a lie, or for that which is wrong. One can only pray and hope for that which is true and right. We can work to build on Earth, either Heaven or Hell, but Heaven works as Heaven does.

Heaven only seeks to replicate itself, Heaven is not in the Hell business. Therefore, one cannot approach Heaven with thoughts, ideas or desires about Hell. Heaven will listen to those who seek Heaven. Heaven ignores those who approach them seeking Hell. Does this not tell you something?

Seek Heaven. Build on truth. Be honest with yourself. This last one is the hardest. We always seek to blame others for all our woes. We rarely, if ever, look into the mirror to ask, what have I done to get me here? It is easy to blame the other guy. It is easy to lie to ourselves. Well, sometimes the other guy is indeed guilty, but then again, as often as is not, we are equally as guilty as the other guy.

We cannot always change that other guy, but we can always change ourselves. This is why change starts in the mirror, with the inner dialogue. I do not only talk with myself, I confront myself. I demand from myself to know the truth as to how I got here. What did I do to myself to get me into this awful self-made Hell in which I am presently roasting.

We have to pray to God and remember this most important truth. God is not in Heaven. That is a nice myth to explain why God is not seen with the naked eye. The truth is God is everywhere and in everything. God is the consciousness of life itself. God is the Force within all things.

God is on Earth as much as God is in Heaven. God is thus not far away, nor is it hard for God to hear our prayers. What is hard is for us to know and believe all these truths. God hears every prayer we offer, but that does not mean that God directs the universe and nature to grant us our every request.

God sees with a higher sight and knows with a higher knowledge. God sees all of human history as just a blink of the eye. A thousand years ago in God's eyes was but yesterday, or just an hour ago. While we are in such a rush to have things be our way, Heaven is not in such a rush. Heaven acts according to its own time clock, which may or may not be acceptable to us. But who are we mere mortals to think that we can manipulate God?

Let our prayers be simple. Pray that each and every day, we can serve as God's beacon of light, that everyday we can knowingly or not, shine the Divine Light and be agents of the Divine Will. We ask daily for our personal needs and if we look around us, we see that our personal NEEDS are indeed there. We may not have all that we want, but for the most part, we do have all that we need. Give thanks to God for this!

There are good times and there are bad times. There is a time for life and health, and there is a time for sickness and death. This is the great cycle of things that none other than God Himself ordained. We can work with it, but we cannot work against it. Pray to shine God's Light and to be a vessel through which the Divine Will manifests.

Positive thinking boils down to these basic concepts. God first, shine His Light, do His Will. Help others, be a role model and example of decent moral behavior. Be who you are and avoid false self images. Renew, revive, and create! God is with you, now all you need is to be with yourself.

Take these thoughts with you into the coming New Year. May they embrace you, and may you in turn, embrace them. Remember this! God is with you, always! Now, be with Him!