

MIND MATTERS: FORWARD FOCUS

What you focus upon expands.

There's a great topic for you to reflect on this month! We have plenty of evidence supporting the concept that our thoughts create our reality, so what we think about, we bring abundantly into our lives.

What are you focusing on? A bad relationship? Money woes? Fear? Terrorism? Or, is it more positive...Love, Abundance, or Compassion?

If you're stuck focusing on what's bad, negative or fearful in your life, you'll continue to attract more of what's negative. Maybe you focus on guilt, regret or a relationship gone sour. Maybe you find your thoughts drifting and remaining on thoughts of how you've been mistreated, unable to break your mind free from the injustice of it.

Like it or not, what you focus upon expands.

While you continue to settle on the PROBLEM instead of the SOLUTION, you are assured of continued problems. I don't know how this happens, but I see it everywhere and know it's true.

One man I know, despite considerable financial success, always mentions in conversation how hard his life is at his company; he always feels his associates are snubbing him. Honestly, they are, because he's created an environment of negativity around himself, frequently whining about all his problems (which never seem to have solutions), so people avoid him like the plague!

On the other hand, a woman I know seems to have everything so perfectly--successful career, loving family and abundant joy. She always seems happy and shares her joy and friendliness with all who come in contact with her. Her joy attracts more joy and abundance into her life...even when her life isn't perfect.

What we focus upon expands.

The lesson here is that we all have dreams, hopes, fear and regret. It's what we do with them that matters. When we center our lives around what's positive, we can see the silver lining in those dark cloudy days. When we focus where we already have abundance and blessings, we notice new blessings as they come to us. When we strive for solutions, without dwelling on problems, we achieve our dreams!

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