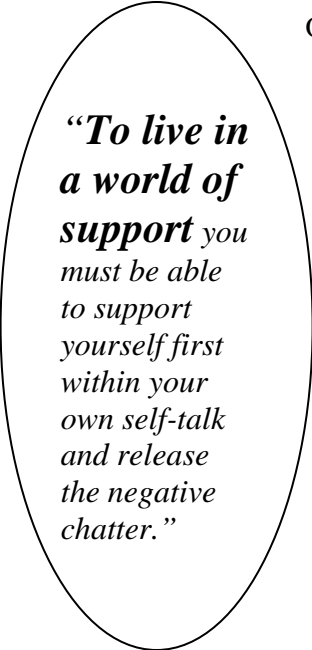


Mindful Living

When I was in my twenties, I found the book “The Power of Positive Thinking” by Norman Vincent Peale. The moment I opened this particular book I became consumed with the idea that changing how I thought could actually change my life. From that moment on, I began to create the space to change my life by constantly reviewing the way I thought. Over the passing years I taught myself there was more to changing the way I looked at things - I had to also become mindful of the way I used my tone of voice and my choice of words.



“To live in a world of support you must be able to support yourself first within your own self-talk and release the negative chatter.”

Our words and how we articulate ourselves is just as important as how we communicate our needs and the way we think. How we direct our thoughts, feelings and even tone can change the responses we receive from others.

When we were children we learned to mimic those around us. Being so young, we were never privy to the meaning of the words we spoke, just the impact of the delivery and tone. “Right” or “Wrong” was learned through the tone and response we received from our words. If it was funny we most likely received a response of laughter. If it was our choice of words or tone that was considered to be inappropriate, we were corrected. If we used the correct vocabulary or tone then very little attention was given to us.

Our gage, therefore, was based on wrong opposed to right. As we developed our flow or flavor for communication, we also developed behaviors that would suggest our patterns or speech mimic the environment we grew up in.

Tone was then a learned behavior not a taught behavior. Emotions and feelings were developed through communication not schooling. Words carry such a unique flair and are a direct correlation to the personality. Over time, our thought and communication patterns were developed and created through habit. As we grew older we had to devise a new way of thinking and communicating to embrace our outer world and become more comfortable with people and situations around us. Most of our negative chatter is provided by the underdeveloped behaviors we have been carrying within us since childhood. If a person is continually feeding

their inner world with negative thoughts, their outer world produces a world of such negativity. Our words are created from the world we create within. If a person is constantly telling themselves they live in lack, then one creates lack. If their chatter is of lack of love, then they create situations that will feed their feeling of lack. If one creates in a world of lack of financial security, then their ability for abundance becomes squashed in their life towards financial support.

To live in a world of support you must be able to support yourself within your own self-talk and release the negative chatter. Negative self-talk is not only energetically depleting, it is loud unwarranted repetition that helps us transform our inner misery into an outer world of lack. That outer world is our living reality for it is our manifestation of our life.

There are various avenues of positive support that will offer the effective tools in which one can transform their negative self-talk and reprogram their thoughts. Coaches, therapists, and authors all speak and write in a similar fashion. Nike's logo and campaign was based on motivational words of self-evolution. The sublime simplicity of their message "Just Do It" inspires individuals to move through life opposed to just being in their lives.

Success isn't created through one's negative drone, nor is abundance created when the mind is constantly sending through a message of lack. We need to be encouraged through our thought processes or we will not reap the benefits of our individual level of success. Simply stated, how we think is what we create. If you wish to change the world that surrounds you today, take a moment to not only think before you speak but to encourage yourself to commit to believing in the power of your thoughts and words.

Kris White is a Spiritual Coach and Holistic Minister. In private practice since 1995, she combines her natural clairvoyant abilities and holistic ministry skills to guide others to think "outside the box". Many find her work helps them to transform their lives. For more information about Kris or to schedule a personal coaching session, please visit www.mysticaltherapies.com or contact her at (978) 372-5300.