Eric Butterworth Speaks

Essay #26
BE A POSITIVE THINKER

Do you know that your whole life and the state of your affairs depends on what you think, what you say, and what you do? In other words, it all depends on you. What kind of thoughts are you thinking all day long year after year?

Every thought can be labeled positive or negative. A positive thought is one that is filled with confidence and expectancy of good; a negative thought is one that is filled with doubt, fear, worry, and expectancy of ill. You are a positive or a negative thinker depending on what kind of thought is in the majority during the day. There is nothing deep or mysterious in this matter of thought. It actually amounts to a very simple truth--"You reap what you sow." All the great religionists throughout all time have reiterated this concept. James Allen writes, "You will always gravitate towards that which you secretly most love. Into your hands will be placed the exact result of your own thoughts. You will receive that which you earn, no more, no less. The vision that you glorify in your mind, the ideal that you hold in your heart will build your life. This you will become."

Where are your thoughts taking you? Are you letting your thoughts and your attitudes create unpleasantness and unhappiness for you? If your thoughts are negative, how can your life be anything but unpleasant? Your thoughts always attract their own kind. So if you want to change the calibre of your thoughts from negative to positive, you need to begin to practice mental discipline, and that is not easy. It requires practice, practice, practice. It is not easy, but as you become stronger and develop more discipline, you will find that negative slipbacks occur less frequently, and you will be able to return to the positive track more quickly. Instead of spending days in a depressed frame of mind, because of your reaction to a certain negative incident, you will discover in time that you are able to lift yourself in a few minutes or a few hours. It takes practice, and it takes a lot of discipline, but when you learn to control your thoughts, you become proficient in directing your life into happier channels. You become the director instead of letting yourself be pushed here and there by depressed moods, by what others say or do. You thus begin to take control of your own life.

The thoughts that you dwell on whether they are negative or positive sink into the subconscious mind and become reality to you. Your subconscious mind is your powerhouse, and when your thoughts are sowed in this level of your mind, the powerhouse starts to work on them. Perhaps quickly, perhaps slowly, but always surely and inexorably, these thoughts begin to materialize in your life. They show forth as success or failure, harmony or inharmony, depending on how they are sowed into your mind. It is possible to rid yourself of negative thoughts in time before they become a part of you. We all have negative thoughts that flit across the mind occasionally,but the secret is to not give them entrance into the subconsious mind. You can do this simply by refusing to dwell on them, by deliberately turning your thinking away from them into a positive direction.

Sometimes,you can make this change easily by switching your thought from a negative topic to a positive one. Frequently, however, the changeover is not accomplished with just one change of thought; it may require a great deal of effort, especially if the negative thought is deep-seated or persistent. You can say, "No, I will not indulge in the negative idea; I refuse to give this thought entrance to my subconscious mind." Now, this is taking control of your life.

The use of affirmations will help you. An affirmation is simply a positive statement of what you would like in your life, and what you believe to be the real truth underlying all the error. "God in the midst of me is guiding me. My life is filled with harmony, health and success." This is an affirmation, and when you affirm such a thing often, soon your thoughts will begin to dwell on that kind of attitude of health, harmony and success. The more you consciously dwell on them, the deeper they sink into your subconscious mind, and the more quickly the powerhouse

begins to bring them into manifestation.

Many people unknowingly cancel out the good of such affirmations by talking about the things and conditions that they do not want in their life. In other words, they may affirm the truth about their health, and then they may go along and talk with friends, loved ones and workers about how much sickness there is, and how it is going to be a bad winter for colds, and so forth. So all the good of the positive realization has been canceled out. If you spend the rest of the day after you have spent a few moments of prayer complaining about your finances and what a miserable failure you are, your negative thinking will in time far overshadow the few moments of positive realization. You will certainly begin to manifest negative conditions in your life. That is the way thought works. When you change the balance of your thinking, making the positive outweight the negative, then you will begin to see a change for good in your conditions.

Our failures and disappointments can help us to grow. Our setbacks can make us reach higher, but only if we look at them with a positive viewpoint, only if we use the obstacles in our way as stepping stones. Adopting a positive viewpoint certainly does not mean ignoring the problems that confront you, pretending that they do not exist, but it does mean facing them squarely and asking yourself, "What can I do about this?" Then you do what you can by going ahead and following constructive thought with constructive action.

The negative thinker when presented with an obstacle or a problem lets his mind become so filled with thoughts of self-pity that he has neither the incentive or the energy to do anything to solve the problem. He keeps going about in circles, digging a deeper and deeper negative rut for himself. People who are successful have reached that success not because life has been without problems, but because they viewed those problems with a positive attitude. Their problems helped them to grow.

Open-mindedness often leads to new opportunities...you will not be able to see the opportunities for growth if you rivet your thoughts on the negative aspects of things. Worrying and complaining about a situation you don't like is using precious energy and time that could be used in finding a solution to the problem. You have to work at being positive minded. It is often a test of faith to look through a problem knowing that somewhere there is a solution even though the appearance for the time is quite to the contrary. It also requires persistence, especially when you are in the company of negative thinkers and talkers. Thoughts are contagious. Another person's thoughts or words can lift you up or pull you down. It is well to be positive minded and with positive minded people as much as you can be. You may be frequently in the company of some very negative thinkers, so you have to learn to immunize yourself from their congestion. Here again discipline is needed. You can deliberately attempt to keep your thoughts on the positive side; you can deliberately insist that you will see the good in all situations regardless of the negatives that people around you may be talking about.

Try to make it a habit to be a positive thinker. Whether you are positive or negative is largely a matter of habit. It is the way you habitually see things so why not try to see them in the best light. You may not be able to be a positive thinker overnight, but you can work at the becoming and see improvement. Practice, practice, practice--your faith in God, in good, is your greatest bulwark against negativity; as your faith becomes stronger and your discipline becomes greater, then the negation of other persons will have less effect on you. Their gloomy outlooks and views will no longer have the power to pull you down to their level. In fact, in many instances you will be able to draw them up to a higher level of thought and thus freshen the atmosphere considerably.

The positive approach has pulled many a chestnut out of the fire, and has solved many sticky problems; the negative approach has never accomplished anything and only causes headaches, ulcers and general misery. So the choice is yours as to which approach you will take, and we suggest to you today to be a positive thinker.