

Change Your Thoughts, Change Your Life.

To members of [Awakening the Self- The Journey of Self Discovery](#)



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Good morning,

Today with your permission I would like to share with you something that has become a very powerful insight on my journey of self discovery. Your thoughts become your reality. Sounds innocent enough, but what does it really mean?

Where do our thoughts come from?
Are we always aware of our thoughts?
How can we change how we are thinking?
Which thoughts feel good and which don't feel good?
Is it good to have lots of thoughts?
Do I get to choose the thoughts I want in my mind?

Some interesting questions that I invite you to ponder as you begin to explore thoughts and what effect they have on your life. It is my belief that your thoughts become your life. Change them and you can change your life. I did and I certainly like my current life more than I did the life I used to live. All because I changed the way I think about things. For me the first step was awareness. I began by becoming aware of the thoughts I was thinking.

Interestingly enough I had a belief that the person with the most thoughts won. I have come to realize for me, that is no longer my belief. I have found that by quieting my mind and slowing down my thoughts I could reprogram myself to think different thoughts.

I found that in the past a lot of my thoughts were fear and worry thoughts. They became quite obsessive at times. I was not really aware of my thoughts. As I started to become more aware of my thoughts, I would question why a particular thought came into my mind. Why did that thought keep coming back to me? Why wouldn't it just leave me alone? Why did I worry so much? I discovered that a lot of my thoughts were about what might happen in the future or how bad something was in the past. I began to realize that I tended to always see the negative side of things instead of the positive. I realized that if I didn't allow the thoughts about the future or the past into my mind I felt a lot better. Being present and in the NOW has helped me change my thought patterns.

As I became more and more aware of what I was thinking I realized that to a large extent the thoughts I was thinking were making me feel the way I did. If I was having worry thoughts or fear thoughts I wouldn't feel very good. If on the other hand I was having very positive thoughts like dreaming about traveling or having a day off to do nothing, I would feel pretty good. As I became more and more aware of how the thoughts that went through my mind affected how I felt, I began to wonder what my life would be like if I had more pleasant thoughts than unpleasant thoughts. Well I can tell you because I have been able to do that in my life that it feels very good.

So I have come to realize that the more positive thoughts I allow my mind to have the better my life will be. I did that by "watching" my thoughts and realizing I could change them if I really wanted to. Try it and you will be surprised how neat it is when you exchange lots of worry and fretful thoughts for positive and happy thoughts. I must advise, however that it takes time. Your mind has been programmed for many years depending on how old you are and changing your thought patterns takes some time, effort and patience. Remember that life is a journey not a race. Be kind and gentle with yourself.

I highly advise you start by observing your thoughts. As I mentioned I came to realize that a lot of my thoughts were about the future and it was a real waste of my time and brain power to think so much about the future. In many cases I had no control over what I was worrying about and in the cases where I was in control, I didn't really have to worry, I just had to do what I needed to do without the thoughts of worry preceding the action.

Well I hope I have given you a few things to "think" about and come to realize the great power you have to change your life by simply changing your thoughts. It may not be easy at first but the payoff is fantastic when you finally realize that you create your life with your thoughts. It is your choice how you choose to think.

Is the cup half empty, is the cup half full or as I choose to think my cup is overflowing. It may sound pretty simplistic, but I know it works. I've changed my life and anyone who knows me will confirm that. I am a very different person than I used to be all because my thoughts have changed.

Love and Light
Jeff