

Do You Believe What You Think?

Nothing happens until something moves. And you have to be the one who makes it move. As you move forward, you can refine your attempts.

In the place of emotional poverty, people think of themselves as failures. They think that the things that they want are not possible for them. The fable of abundance is for other people, but not for them.

Yet is it true?

Do you find yourself believing the story you tell yourself?

In your story, other people are to blame, and the world is uncooperative, and you are too helpless to do anything about it.

In your story, you tried and failed, or someone let you down, or something bizarre happened just before your big break.

Is your story true? Is your interpretation of the flow of events absolutely accurate? How does it make you think and feel when you tell yourself how things could have been or should have been?

How empowered do you feel when everyone involved in your drama, including yourself, must bear the blame for your current suffering?

If you believe what you think, then suffering is inevitable. Do you honestly believe that you are a miserable failure? Is your life really a tale of failure to thrive?

When we question what we believe, we can find a great freedom to experience life in a more wholesome way. Abundance in life is possible.

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About the Author

Saleem Rana got his masters in psychotherapy from California Lutheran University. His articles on the internet have inspired over ten thousand people from around the world. Discover how to create a remarkable life. Free information. <http://theempowered soul.com/enter.html> Copyright 2005 Saleem Rana. Please feel free to pass this article on to your friends, or use it in your ezine or newsletter. It's a shareware article.