

## Use the Boomerang Effect to Achieve Your Goals in Life

"The game of life is the game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy."

Florence Shinn

Thoughts have energy.

Thoughts become things.

If you think you cannot see your thoughts then think again. You only need to take a look at your world to see the thoughts you have been thinking.

"Mind is the master power that moulds and makes and man is mind, and evermore he takes the tool of thought, and, shaping what he wills brings forth a thousand joys a thousand ills. He thinks in secret, and it comes to pass, environment is but his looking glass."

James Allen, As a Man Thinketh

Moment by moment your thoughts are creating your reality. Whatever you think about on a consistent basis will come right back at you.

We often take for granted our ability to think. But it is our ability to think, to reason, to change our perception of things, which separates us from other animals. Our ability to think is both a blessing and a curse.

"The mind in itself and in its own place can make a hell out of heaven and a heaven out of hell."

John Milton

For those who have learnt to hone their thinking and truly focus on their goals they succeed in achieving their goals. Others may say they want one thing but focus their thoughts on the opposite. Their thoughts are often directed at what they don't want, e.g. ill-health, poverty, loneliness, etc. The Universe willingly obliges and these things show up in their lives right on schedule.

People's words generally reflect how they are thinking. I frequently have conversations with clients who say they want one thing but their language is so negative and disempowering. They find it hard to accept that by changing their language, even if they have to do it gradually, for it is often difficult for these individuals to make a 180 degree turn, that they will change the results they get in their lives. They fail to realise that every time they utter something negative it is reinforcing a reality that they do not desire.

I read a story recently about best-selling author and spiritual advisor, John Harrichan, which struck a chord within me. The story was about a difficult period in his life following the loss of his young wife and mother to his two children to cancer. As the family had no medical insurance he was left with a mountain of bills as well as a heavy heart.

He was off to the supermarket to purchase milk and bread for his family. He had just four dollars in his pocket. On his way to the supermarket he stopped at a red light where he noticed a young man, young woman and child. The man held up a cardboard sign with said, "Will Work for Food". This family may have been down on their luck but they maintained their dignity.

It was a blisteringly hot day. The woman stared listlessly at the passing cars and the child, whom John Harrichan estimated to be about two years old, clutched a broken doll. The lights changed and he drove off. In his heart he wanted to help this family but he only had four dollars. How would he feed his own family if he gave his meagre funds away?

But, the family by the roadside left an indelible impression on his mind. He felt compelled to act and so he turned around and went back to them. He gave the man two of his four dollars. The man had tears in his eyes as he accepted the money.

John Harrichan thought to himself that maybe the supermarket might have a special offer on the items he wished to purchase so that he could stretch his remaining two dollars. As he stepped out of the car his foot slipped on something. It was a twenty-dollar bill. He couldn't believe his good fortune.

Not only did he now have enough money to buy the items he had originally intended to purchase. He also had enough money to buy some other much-needed items plus on his way home he again found the family by the roadside and gave them an additional five pounds.

He gave away two pounds and the Universe rewarded him ten-fold. And that is an important fact to remember for when we give what we receive in return is multiplied. So while I don't advocate giving just to receive; the more you give the more you will receive. Plus, you will not receive that which you cannot give.

There's a little saying that goes like this:

"A man there was, and they thought him mad,  
The more he gave, the more he had."

Sometimes we think to ourselves, "But I've nothing to give". A change in perception is all that is needed. You can give of your time and you can lend a helping hand. You may have something that is no longer of use to you but would be invaluable to someone else. I recycle as much as I can because in this way I consider I am giving back to the Universe who has provided so bountifully for me.

Also, when you give don't try to guess where your returns will come from. They may often come from unexpected quarters when you least expect them. In addition, unless you are practised in expressing gratitude for the things you have in your life you may not even notice the boomerang effect.

The world's wealthiest people are generally the world's greatest givers - Oprah Winfrey, Bill Gates, Warren Buffet, Andrew Carnegie, John D Ruckerfeller to name a few.

So think empowering thoughts, speak kind words and commit compassionate deeds and notice the positive effect it has on your life and in helping you to achieve your goals.

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