

## We Become What We Think About

The late, highly revered Earl Nightingale postulated these words decades ago and they are more meaningful today than ever. Let's have a closer look.

Whether at the workplace or in personal life what we harbour, manifests. That is to say when we are in the grip of fear our decisions will be distorted by restriction, stinginess and a general lack of concern for others. We will be coming from an energy of 'there is not enough'. Of course when we feel abundant on the inside we carry a different energy – one that attracts positive people, opportunity and circumstances to us. We are in flow - we loosen the grip we have in trying to control everything and we have something left over for others – we can give to another unconditionally. An equally notable Author and Speaker James Rohn said 'beware of what you become in pursuit of what you want'.

I notice when I'm in the routine of reading uplifting, generative material I feel better and treat others accordingly. The other day I found myself reacting slightly negative (within) when someone inconsiderately blocked access to my site in the caravan park. That reminded me my consciousness wasn't in the space I'd like it to be. No, it's not about being perfect it's about being human enough to acknowledge the reality of our behaviour and the effect it is having on ourself and others. We choose.

As a result I'm back to reading a favourite of mine 'My Spiritual Autobiography' by the Dalai Lama. As you may be aware he talks a lot of Compassion, Tolerance and Human Values. I find this material generative and naturally motivational.

What do you do in the busyness of life to maintain thinking that builds hope and encouragement which in turn fosters acceptance of yourself and tolerance of others? When we practice Tolerance, Compassion and Forgiveness we change the wiring in our brain (and heart) and it becomes easier to continue doing these things as a way of life. The more we do these things the better we feel and the more confident we become.

A tip on creating this kind of thinking is to learn and practice Meditation. It is one of the quickest and most effective means of retraining our mind for the better.

Good luck and Enjoy the Journey. 😊

PS I am enjoying a break away as a well-deserved Reward I promised myself. I just finished a 3 day/ 3 night sail and dive trip on the Barrier Reef. 😊

Ciao for now, Jeff Allen

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