

Daniel's reflection for week beginning 11th March 2018

The Power of your thinking – two practical steps

Your way of thinking shapes who you are and what you become. You are what you think; you are the product of your thoughts. If you think hopefully, bravely, you become a brave and hopeful person. If you think fearfully, your eyes will betray you; you will become timid, anxious. Be prepared for a long journey, dear reader. But every day you will notice a difference. Begin by challenging the negative voice you hear in your head about your gifts and inner power. 'If you hear a voice within you say "You can't paint" then by all means start painting, and the voice will be silenced"', wrote someone who knew how to handle a paintbrush - Vincent van Gogh.

Every morning you can make your day turn out the way you want it. If you think positively, believe persistently, prepare carefully and choose with confidence, then 'today will be a brilliant day'. This is the power of our thinking! There is a misery habit and there is a happiness habit. Do you realise you have a choice every moment of every day? You cannot escape the pain of living, but you do have a choice about how you handle it. You can give in and give up, or you can accept and grow stronger because of that pain. Suffering is a fact; how we see it is a choice. This is not to trivialise the power of pain. Making and persevering with this choice requires immense courage and effort.

The Healing Habit pp 31,32