

THE POWER OF POSITIVE THINKING

POSITIVE THINKING CAN
HELP YOU TO ACHIEVE
SUCCESS, HAPPINESS
AND WONDERS
IN YOUR LIFE.



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The Power of Positive Thinking

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Chapter 1:

What is Negative thinking?



Negative thinking is thought to interfere, images or ideas that are ugly but haunting is troublesome and difficult to manage so we did not feel free.

The disturbing thoughts that give suggestions and images that are suspected, accused, blasphemous, judging and sentencing.

Kind Type of Negative Thinking

1. Think Black and White.

Thinking in black and white it is easy but dangerous. Black-and-white thinking is putting the frontiers of thinking in the form of narrow measures. This way of thinking does not contain the values of tolerance, compassion, and ease.

People who think black and white is that choosing to do nothing of the wrong, or someone who does not want to be married forever if it cannot get her idol

Life Example:

Andy cheated by his friend once after that Andy no longer trust him, friends

2. Excessive Generalization.

Thinking in general significantly noticed small things or parts and think of it as a whole.

This way of thinking by generalization makes people easy to blame, underestimate, but also can enhance in excess.

Life Example:

When a husband one day find her late preparing breakfast than the other day, he can easily say that his wife "always" too late to prepare breakfast, or "never" just in time to prepare breakfast. Dissension and hostility between groups usually come from negative thoughts generalization.

3. The negative thing beat positives.

You select a negative part and think specifically and deep, while the positive forgotten.

Life Example:

When you receive a lot of positive comments about the results of your work from colleagues in the office, then you feel happy yet.

But when there is a criticism of one colleague who reached the ears, you then become moody and thought about it for days and you find it to be imperfect. And you forget the positive things that you have heard.

4. Discounts for positives.

You reject positive experiences and emphatically do not consider. Usually, people who think negative like this is not easy to praise and underestimate the kindness of others.

Life Example:

If you see someone doing a good job, you say to yourself that it's a regular thing and anyone could do such a thing. Cutting the positive significance of a good deed will make people unhappy because they always feel inadequate and grateful.

5. Too fast to conclusions.

You interpret things negatively when there are no facts that support your conclusions.

Scapegoating

Scapegoating is a tactic often employed is to characterize an entire group of individuals according to the unethical or immoral conduct of a small number of individuals belonging to that group, also known as guilty by association.

The act of looking for scapegoats often arise in any relationships. Often perpetrated by those "superior" to those who "inferior" to cover up his mistake. If this is done in management, the scapegoat was created as a transfer target fault of the executive (whose accountability bad) to clear his name.

Scapegoat in this affair is lower employee position. In a larger scope, scapegoat target can be an individual or particular group. The easiest target is the group that has the characteristics unclear. No, but no.

When you say "It's not my fault", consciously or not, you're sending a message to the brain, and your brain will translate that into a message, "I'm not responsible for all this misfortune". On the second catch of the brain that conclusion, on the same second potential and creativity you fall off and immediately locked.

As a result, you will be trapped in the mud prolonged sadness and misfortune. With the passage of time, you are not experiencing a recovery. Instead, you will "self-pity" and became increasingly worse. If you do not practice to take back responsibility, it is certain that you will die in sorrow and misfortune endless!

INFERIORITY

People are often confused between an inferiority said humbly. Humility does not require that we assess or recognize that we ourselves obtain grace smaller than others.

Others are not entirely good, and we also do not entirely bad. There is a difference between a humble people with low self-esteem, we can tell from the attitude of one's actions.

People who feel inferior always afraid to do something, happier stand by and do not want to try to overcome the problem for fear of failure. While the humble person will develop the talents and abilities he had with confidence.

Understanding Inferiority

Low self-esteem is someone the feeling that someone lower than others in one way or another.

Such feelings arise as a result of something real or the result of his imagination alone. Low self-esteem often goes unnoticed and can make the person who is doing overcompensation to compensate.

Often, we are more respectful of others rather than themselves. This attitude makes us into a "minder" and may even be reluctant to interact with others.

Of course, the attitude of "minder" will hurt ourselves and the people around us. Because we cannot make ourselves valuable to others and dedicate our talents or skills for the people around us. To overcome the inferior attitude there is one condition, namely, respect ourselves.

The forms of Inferiority

1. Love alone
2. Too careful when dealing with other people so that the movement looks stiff
3. Movements are somewhat limited
4. Feeling suspicious of others
5. Do not believe that he has advantages
6. Assume that other who must change
7. Live Rejecting responsibility to change yourself for the better
8. Love exaggerates small issues
9. Using the wrong size. Considers the success of others is so great and looked at the successes themselves smaller.

The causes of Inferiority

1. **At Birth.** Every person is born with an inferiority complex because at that time he was dependent on others who are in the vicinity.
2. **Attitude Parent.** Giving opinions and evaluation of negative behaviors and weakness children under six years the child will determine attitude.
3. **Physical Limitations.** Such as lameness, part facial not proportionately inability hearts talk or vision resulted in emotional reactions and associated with no exciting previous experience.
4. **Mental Limitations.** Bring a sense of inferiority when doing a comparison with achievement higher than other people, and is currently expected appearance perfect when the rule was not understood.
5. **Lack of Social Operate.** Family, race, sex, social status or.

Overcoming Low Self

1. **Face Fear.** Do not avoid, yet he would not result in bad as you think.
2. **Respect** yourself as God's Creation.
3. **Identify Yourself.** Recognize yourself is the hardest part of the process of self-respect. Recognize yourself is a process that demands honesty we see and evaluate themselves.

4. **Overcome Your Weakness.** This one is often difficult to do. We often do not want to admit our weaknesses.
5. **Forget** past failures.
6. **Direct Action.** A word without deeds is useless. We must not surrender to fate.
7. **The Substitution/searching for a replacement.** This means that if we find lacking in an area, we can look for other areas as a substitute.
8. **Receiving Limitations.** Accepting the limitations does not mean simply accepting their fate.

We are entitled to be successful as others. Do not let feelings of low self-controlled in achieving competing desires in life. Cultivate the spirit to be able to compete it is good for the future.

Toxic Forms of Psychology and How to Fix

1. Evade

Symptoms: Running from reality and ignoring responsibilities. And with escaping the fact we will only get a false happiness that lasts a moment.

How to: Stop deceiving yourself. Do not be too serious in dealing with problems Due to a mental hospital was filled with patients who followed his grief and feel the environment a source of frustration. Resolve any problems encountered completely.

2. Fears

Symptoms: Not confident, tense, anxious, among others, could be due to financial difficulties, marital conflict, and sexual difficulties.

How To: Avoid a person who's dependent on anxiety. Remember, 99 percent of the things we worry about never happen. Use of intellectual analysis and seek solutions to problems through the correct mental attitude. Do not hesitate to seek help from an expert, such as a psychiatrist or psychologist.

3. Selfish

Symptoms: materialistic, aggressive, and prefer to ask than to give.

How: Happiness would be obtained if we can help others.

4. Stagnation

Symptoms stop one phase, making us feel bored, bored, and not happy.

How to: Keep growing, meaning that we continue in our future ambitions.

5. Sense of inferiority

Symptoms: loss of self-confidence and self-confidence and feel they have no ability to compete.

Method: A person cannot win if before the war certain he will lose. When we are confident in our ability, in fact, we've got half of the target we want to achieve. So, success begins when we believe that we can achieve it.

6. Narcissistic

Symptoms: a superiority complex, too arrogant, false pride.

Method: The proud will easily lose friends, because, without the presence of a friend, we will not be happy. In humility, we will naturally want to hear other people making 50 percent chance of success we have achieved.

7. The self-pity

Symptoms: Habits to attract attention, dominant mood, moody, stabbing herself, felt to be the unluckiest people in the world.

Method: Do not make yourself into a neurotic, fixated on you. Avoid behaving sentimental and obsessed with dependence on others.

8. Attitudes lazing

Symptoms: Apathy, saturation continues, daydreaming, and spending time with unproductive way, feel lonely. How to: Make us to closely follow the work schedule we have planned before by actively working.

9. Intolerance

Symptoms: Thoughts petty, petty racial hatred, arrogant, antagonism toward a particular religion, religious prejudice.

Method: Settle our emotions through the art of self-control. Observe them intellectually. Remember that the world was created and is created from the diversity of cultures and religions.

10. Hatred

Symptoms: The desire of revenge, cruel, cruel.

Ways: Eliminate hatred. Learn to forgive and forget. People who have hatred usually also hated himself for hating others. The only thing that can eliminate hate is love.

Chapter 2:

What is Positive thinking?



Positive Thinking is a mental attitude that involves the process of entering the thoughts, words, and images constructive (building) for the development of your mind.

Positive thoughts bring happiness, joy, health, and success in every situation and your actions. Whatever your mind would expect, positive thoughts will make it happen.

Not everyone accepts or believes positive thinking patterns. Some people consider positive thought was nonsense and some laugh at those who believe and receive positive thinking patterns.

However, it can be seen that more and more people are becoming interested in this topic, as can be seen from the large number of books, lectures, and courses on positive thinking.

We often hear people say: "Think positive!" Which is intended for people who feel disappointed and worried? Many people do not take seriously these words, because they do not know the true meaning of these words, or do not consider it useful and effective.

Illustration

The following story illustrates how the power of positive thinking works: Beno apply for a job, but low self-confidence and he considers himself a failure and does not deserve the success, he felt confident that he was not going to get the job. He had negative thoughts towards himself and believed that the other prospective employees better and more qualified than him.

On the day of the interview he got up late, reviews their Fears Become Reality. He found he was wearing a shirt that will be dirty, and another shirt to be on board. And because he was late, he decided to wear a wrinkled shirt.

During the interview, he felt tense, showing a negative attitude, worried about his shirt, and felt hungry because he did not have enough time for breakfast. His attitude overall bad impression, and as a result of his fear Became a reality and not getting Reviews these jobs.

Budi also applies on the same job. He felt confident that he will get the job. One week before the interview, he often evaluates themselves got the job.

He prepared the clothes he was wearing and going to bed earlier than usual. On the day of the interview, he woke up earlier than usual, so he had enough time to have breakfast, and then arrived at the place before the scheduled interview.

He got the job because he thinks positively of the things he did.

What can we learn from these two stories? Is there a magic used in the story? No, everything is natural.

If we have a positive attitude, images constructive, and we will see in our mind's eye exactly what we wanted. You too will radiate goodness, happiness, and success.

Positive and Negative Thinking Contagious

Each of us affects the people we meet, either directly or indirectly. This happens instinctively, in your subconscious mind, which is radiated through the thoughts and feelings, as well as our body language.

The people around us can feel our aura and are affected by our thoughts, and vice versa. People are more motivated to help us if we are positive, and they dislike and avoid anyone being negative.

Negative thoughts will lead to failure, frustration, and disappointment.

Instructions Practical

To change your mind becomes positive, it takes practice and a willingness to change yourself because of the attitude and mindset cannot be changed in an instant.

The power of the mind is a powerful force that is always shaping our lives. Formation process is usually done in our subconscious mind, but it is possible to carry out the process consciously.

Always visualize a situation favorable and beneficial to you. Use positive words in your inner voice, or when you talk to other people. Smile a little more, because your smile will help you to think more positively.

Ignore feeling lazy or desire to quit. If you survive, you will change your mindset.

When a negative thought enters your mind, you have to be alert and replacing these thoughts with more constructive thoughts.

If you suddenly feel the resistance from within yourself when you are trying to change the negative thoughts, do not give up. Fixed focus yourself on thoughts that are positive and fun.

Start from your current situation, try to think positive. Mind the results and the situation in your favor, and the state of the time change according to your mind.

This change of course takes time, but at the end of its change will occur.

Another method you can do is do affirmations repeatedly. Affirmation is a method that resembles visualization, more creative, and both can be used simultaneously.

The Characteristics of The Positive Thinking

1. Seeing problems as challenges

Compare with those who see the problem as the trials of life that are too heavy and make their lives so miserable world.

2. Enjoying life

Positive thinking will make someone accept the situation as an encouraging; though not mean he is not trying to achieve a better life.

3. An open mind to accept suggestions and ideas

Because then, there may be new things that will make everything better.

4. Rid of negative thoughts as soon as that thought crossed my mind.

5. Grateful for what they have and not complaining about what you do not have.

6. Do not listen to gossip uncertain

7. Do not make reasons, but immediately make the action ever heard of a play on No Action Talk Only, right? Well, they are obviously not adherents.

8. Using positive language

9. Use positive body language

Among these is a smile, strode upright, and expressive hand gestures, or nod.

10. Concerned with self-image

That is why people who think positively trying to look good. Not only outside, but also inside.

Steps Towards a Positive Mental

1. Master Your Mind with Full Confidence

There is only one path to a positive mental attitude: You have to control your thoughts with confidence.

Our mind is the greatest miracle in the universe. Everyone has an an amazing treasure trove that is the brain and nerves.

We have the power to direct the spirit, emotions, instincts, tendencies, feelings, moods, attitudes and behavior towards an end result. It's up to you how to use all of this.

2. Set Your Mind on What You Want and get rid of What You Do not Want

Most of the way we thought it would be replaced by the words, but the motivational deepest thoughts usually in the form of images, not words.

If an idea appears, usually in the form of an image, not as a series of sentences that are running in our heads.

The image is a way of thinking of the earliest and most powerful. Therefore, we must learn to discipline our mind and visualize the things you want. Do not let other people dictate of environmental or negative shadow on us.

3. Apply Commandment

Treat others as you want to be treated. Instead, do not treat other people badly if we do not want to be treated as such. Look for the good things in every person and every situation consistently.

4. Eliminate All Negative Thoughts through Self-Examination

Most people do not realize that they are thinking negatively unless they consciously sought to examine the thoughts, actions, and reactions of their own. Just ask ourselves, "Is this a positive or negative?".

When we failed to control our thoughts, then we tend to be a negative reaction. The more we practice using positive mental attitude, the sooner we realize the emergence of negative thoughts.

5. Blessed! Make someone happy!

So that we are happy, behave like people happy! To be excited, we must act vigorously. You will eventually experience a sense of happiness and spirit will manifest itself without you have to focus on it.

6. Form the habit of tolerance

Think open to other people. Try to love and accept others as they are and not demanding or wishing they could as we had hoped. Look for the good in others, and learn to love others.

7. Give Suggestion Positive in You

The suggestion is certain stimuli are transmitted to the brain via the five senses: sight, hearing, taste, touch or smell. Everything is a road used by external elements to affect our lives every day. Take things that are beautiful only.

8. Use the Power of Prayer

When you pray, believe in what you ask for. In every storm, your soul is the protection of a prayer.

9. Set Goals / Dreams

Setting goals is one way to keep our thoughts on what we feel like, stay away from the things we do not want. Write down your goals on a a piece of paper.

Visualize yourself being reached for this purpose. Make a plan to achieve those goals, and then change the plan into action.

Self Confidence

Self-confidence is belief not be split again. Self-confidence is the belief that he can control his life well and the entire problem can be faced with the tough.

Whether you can overcome any obstacle in life to achieve success, much influenced by your self-confidence.

This means that you should be more confident about yourself and your future, then things would be opened any for you.

Forms of Self-Incertitude

1. Do not have a clear purpose in life
2. Do not have a steady life principle
3. The lack of knowledge and experience
4. Lacking finesse or skill
5. People like hanging out with people who are negative
6. Poor idea and concept
7. Diseased or often less healthy body

Signs of Less Confidence

1. The lack of smile
2. Worry and looked uneasy
3. Nervous and seemed nervous
4. The lack of interaction
5. Lazy to work or trying
6. Behave ask - ask
7. Easy to despair
8. Gossiping and swearing
9. Defensive and angry
10. Easy or mendacious

Build Confidence

Every person is born must have talent, intelligence or ability is relatively different from one another.

But sometimes they are hard to find it within him that it cannot achieve maximum achievement. Sometimes even someone trying to compare its capabilities compare with others to make them feel inferior.

Whereas often a person can not be successful not because they do not have the talent, intelligence or ability, but because they do not have self-confidence and mental well.

If we look at the true world champions, be it in business, science, state politics, education or even a religious person, though, they all have strong confidence.

If they fail, they immediately rise again and they dare to set targets, daring began to walk and dare to struggle to realize success. They continue to survive and continue to move despite the success seemed far from sight.

One example of the remarkable figures is Colonel Sanders. At the time, he offered his chicken recipe secrets to others. It takes more than 1000 times rejections before he sold his first KFC franchise. When he was at the time was already up but thanks to the efforts and hard work he managed to achieve his goal.

Or the story of the invention of the incandescent light bulb by Thomas A. Edison. Before he successfully invented the light bulb, he had nine hundred ninety-nine failures and new on the thousandth experiments led him to create his first light bulb.

From the story above provide inspiration and encouragement to us that confidence in the achievement of the goals and unyielding spirit will be the key determinant in the success of life. Because we never know when the arrival of success.

Courage to keep trying is the key factors that differentiate between a people who fail to successfully achieve their dreams.

Try for a moment you think of when in the midst of the struggle, they give up on the flop and did not continue what is becoming his ideals. Whether they will feel at the end of his life? Regret or happiness they feel?

Now let us ask ourselves, do we so easily give up and stop trying in an attempt to achieve the dream that we want in life?

If you feel free to fight it, check back with yourself if your dream is something truly worth fighting and give meaning to our lives? If yes, then the achievement of the dream you must strive for. Make that dream a responsibility, something we'll regret if we never reach it.

By developing a positive mental self, then we will have a strong confidence. the end of the word, keep striving to achieve your dreams and goals in your life. Because in fact there is no real success without going through a process failure. When failure comes rest assured that you have one step closer to success.

Confidence

Everyone actually had a problem with confidence. There are people who feel to have lost a sense of confidence in almost the entire area of his life. About the crisis may be associated with suicide, depression, loss of control, feeling helpless staring at the bright side of the future and others.

There are also people who do not feel confident in what he does or what is practiced. There are also those who feel less confident when faced with certain situations or circumstances.

Confidence is one aspect of personality that is very important in human life. Confidence is a mental or psychological condition of a person who gives a strong conviction on him to do or perform some action. People who do not believe they to have a negative self-concept, lack of confidence in his ability, because it is often shut down.

Some of the terms related to the issue of confidence, i.e.:

1. Self-Concept

How do you conclude yourself as a whole, how do you see yourself-portrait as a whole, and how you conceptualize yourself as a whole?

2. Self Esteem

The extent to which you have positive feelings toward yourself, how much you have something that you feel precious or valuable than yourself, and how much you believe in the existence of something of value, dignity or worth in yourself.

3. Self-Efficacy

The extent to which you have confidence in the capacity you have to be able to perform tasks or handle the issue with great results.

This is called the general self-efficacy or the extent to which you believe you are in the field of capacity you to handle certain matters. This is called the specific self-efficacy.

4. Self Confidence

The extent to which you have faith in your judgment on your ability and the extent to which you can feel the "appropriateness" to succeed. Self-Confidence that is a combination of self-esteem and self-efficacy.

When it is associated with the practice of everyday life, people who have low confidence or have lost confidence, tend to feel or behave as follows:

1. Do not have desires, goals, and targets that fought in earnest
2. Does not have decision-stepped floating
3. Easily frustrated or give up when facing problems or difficulties
4. Less motivated to go forward, laziness or half-and-half
5. Often fail to accomplish its tasks or responsibilities
6. Awkward in dealing with people
7. Cannot demonstrate speaking and listening skills are convincing
8. Often have unrealistic expectations
9. Perfectionist
10. Overly sensitive

On the contrary, people are great confidence; they have positive feelings toward themselves, have a strong conviction on him and have accurate knowledge of the capabilities.

Learn to Accept The Lack of Self

No man is perfect, only a few humans who feel perfectly and wants to look perfect. This phrase is so meaningful to us aware of the shortcomings. Advantages and disadvantages of the two sides of the complementary nature of humanity.

The shortage is more often appreciated by feelings and negative thoughts, so many people who hate shortcomings and considers perfection as an essential factor for achieving happiness.

Accept the shortcomings, is not easy. However, the learning process should not be stopped. Because without learning we will not know and will not be able to do and achieve something. Learning is a process seeks to understand and accept, including learning to accept shortcomings.

Understand the Lack of Self

Excess is a gift that will fill and complement deficiencies. Seeks will always cultivate self-awareness that early-born yet we do not have anything. The advantages and disadvantages we should be grateful.

Grateful for the circumstances which we have received is a major step to learn to accept you as a whole. Without grateful and aware of her shortcomings, we will not really understand the advantages of self.

In gratitude that no patience. To be able to accept the shortcomings, need patience and understanding. Means patience and sincerity in seeking to surrender. we and the people we love cannot always be in line with expectations and are not always able to please each other.

We reserve the right to change and improve the shortcomings themselves and others, but we also have to remember to maximize the advantages we have. do not let your time and energy focused on patching and cover the shortage, that we forget that we have the privilege useful.

Understanding means we accept what is, advantages and disadvantages of ourselves and others without imposing the will to change, especially for the sake of those who do not want to learn to accept our shortcomings.

Respect Yourself

Understanding will grow in line with a sense of respect. Respect yourself and others are the recognition that there are side advantages that we can use to make ourselves useful, and many others that we exceeded in every way.

Sincere appreciation is a form of acceptance and gratitude for any state of being so that we can be wise, do not feel inferior to her shortcomings, do not underestimate the shortcomings of others and does not envy the excess of others.

If we contemplate and biodiversity, lack of self is the careful alarm that will remind us of death. With a reminder of death, we can raise the awareness that all beings would perish, so that not only the inherent deficiencies of ourselves but the destruction that surely someday.

Learn to accept her shortcomings we can make management a part of our lives, as well as the process of learning to humanize ourselves.

Addressing a Problem

Every problem of life in the world must have their problems, whether it's large or small, not excluding anyone. And everyone, in general, hated all with the arrival of a problem.

Like when we are about to be promoted by the employer, it must be before it happens, the workload and increasing problem on our work, such as the increasing number of reports, working time more and more, the responsibility held by large increases and others.

But behind all that, if we can go through and finish well there will be a surprise or a wonderful gift that awaits us at the end. The problem is an important part of a wheel of life. And basically, humans are only able to grow and thrive in the presence of a problem.

Do you try to imagine what it was like if every time we want something, that desire can be fulfilled directly without a process of struggle that involves a problem in it?

Maybe once or twice would imagine how wonderful life is, but if it happens continuously in this life, then there would be no improvement of the qualities that you have, or may even decrease. And worse you will lose the sense of a life felt how tasteless and do not pull the world.

So the real problem in this world is to have a separate function for the purpose of human life is to keep life in order to remain active and creative thinking in order to move forward towards a better than ever.

Just depends on how the man addressing any problems that come up. Each occurrence or event if addressed in a different way, it will produce a different response or action and with their different responses or actions will produce different results.

Measures to Address the Problem

1. Recognize clearly what actually your problem, most people do not recognize clearly what his problems and even worse, not many are trying to find a scapegoat for the problems it faces, it is indeed it is not very precise.

Like a doctor who wants to prescribe to a patient without knowing what exactly the patient's illness that it would not be appropriate and helpful to a recipe that will be given.

2. Possess high self-confidence. Who should first be most believe and trust in the ability of yourself? Certainly, should start from you.

Remember, the size yourself will largely depend on the size of the belief and confidence that you have. High confidence that will give you more energy when you encounter any problems encountered.

3. Focus on the solution of a problem not only froze the existing problems without thinking about a solution. Most people are there when faced with a problem, just silence, complaining about his problems with his own experience fear and wait for fate to judge him.

It should, be calm and focus you in finding the solution of any problems that exist.

4. Take the wisdom of any problems that come up. After the problems afflicting you end up then you have to do is to try to try to be grateful for what your problem.

Try to think positive every problem comes in your life. Remember, every problem that comes will bring progress in the development of you. In fact, their problems make your life be wonderful to be grateful.

Forgive the Mistakes of Others

It is important for us to forgive Reviews those who have injured us. Because it can indirectly reduce the burden of our lives. too many people are miserable in life Because they pile up old wounds.

By Dr. Luskin, anger reared causes physical effects that can be observed in a person. He went on to say that the issue of long-term anger or interminable is that we have seen reset the temperature control system in the body.

It creates a kind of adrenaline rush that people get used. it burns out the body and makes it difficult, to think Cleary and the make things worse.

According to recent research, American scientists established that Reviews those capable of forgiveness are Healthier in both mind and body.

The study Showed that person who learned to forgive feel much better, not only emotionally but physically Also.

For example, it was established that the study psychiatric symptoms and body as a stress-related backache, insomnia and stomachaches were significantly reduced in these individuals.

All research shows that anger is a state of mind which is very damaging to human health. On the other hand, forgive even though it feels heavy, feels happy, one part of morality, which removes all the destructive effects of anger and help these people enjoy a healthy life, both physically and spiritually.

Forgive the mistakes of not a trivial issue. Sometimes we get caught up in our own egos so that we are not able to forgive others. Efforts that we can do to be able to

forgive the man can be described a three-step so that we can forgive those who have hurt us.

1. Waive the right to take revenge.

You should start by releasing the person who has hurt you from the demands of anger. Every time you remember how you've been hurt, release the memory. If you already do not feel hurt again means you can know that you have to really release the wound.

2. The back-focus attention on a plan for your life.

You can only focus toward the future or the past and cannot be both. Focus on the things you want to do in your life. You certainly do not want people get once hurt you in control of your life in the present.

Actually, if the tone is not set free those who hurt you, then you will become more and more like him. You will be similar to what the focus of your attention.

If you focus on the purpose of pain, then you will lead there. If you focus on the purpose of life, then you will go forward. Align your heart means to do the right thing and forgive the man remove him from the demands of heartache.

3. Respond evil with good.

There is so much evil in this world. You will not be able to overcome evil by denouncing. We should not spend our time condemning what was done by the world. We cannot expect that those who do not believe that the behavior of such people who believe, before they became believers. You will not be able to change the world by denouncing. When you forgive others, and then let go of all emotion, immediately you feel lighter and happier. Your entire future will open up and shine like a summer's morning.

Chapter 3:

Achieve Success in Life with Positive Thoughts



The Patience Part of a Success

In this life, so many challenges that must be faced with patience. For those who cannot wait, then get ready to be let down by his actions. Patience is a word that is beautiful and easy to say but apparently not many people are able to do so.

Related to this, no wonder a wise man once said that successful people are those who keep trying even though it has experienced many failures. He looked at life as an opportunity to achieve success. In other words, in this world, there is nothing any success cannot be achieved by people who could prepare him well to get them

with patience. It can be proved from the stories or the life of a successful person. Here, you can bet we will find the values of patience therein.

7 Things That People Do In Success

1. Want to Taking Risks

Successful people strive to achieve the target, make savings, build relationships with people and nimble try something useful with the times. David C. McClelland, a professor who studied successful people traveling and have traveled to many countries and to train small entrepreneurs, stating how to become a small ruler is to be a moderate risk taker, who will continue to take risks to succeed.

2. Confident and Feel that He is doing something for The World

Successful people look at a large world and want to play an important role in it. They still work according to their skills, while remaining aware that the core skills to give value to other skills. They also realized that the best work will result in compensation for them.

3. Enjoy what they are doing

Successful people are able to see the work as a pleasure, they chose to work where they can excel. Successful people like challenges and they enjoy reaching the top of their game, whether at work or business.

4. Being a lifelong learner

Successful people realize that education never ends but it starts at every level of life and continues until the end of life. Education is not confined to the classroom means to try out new ideas, read books, newspapers, magazines and

internet use is a form of education as well. Therefore, keep flowing according to changes in interest and your ability and enjoy the change. This will help you grow and feel more confident.

5. The positive-minded on what can be done

Successful people believe the glass is half full and not half empty. They instill the spirit in you and are able to imagine themselves how they managed to accomplish a difficult task or achieving the highest honors. Successful people do like a coach for others, by presenting positive messages in everyday life.

6. Motivate yourself

Successful people have a lot of ways to motivate you so that it can continue to work better than others. There is a way to do some work every day on a different field. A middle-aged man motivates himself by trying to get more money from her brother.

A 29-year-old woman became a top nurse to show to his former teacher that he has the skill and intelligence sufficient to achieve the profession.

7. Do not work half

Successful people complete tasks with no half measures. They use creative ways to achieve success. Although it may take longer, they eventually go beyond the finish line. They used the time well in the synergy of physical and mental ability to succeed.

Finally, indeed every person has an opportunity to be successful in their respective fields, including us who are struggling to get a job or succeed in business. Do you want to be successful? So Instill in your positive values and do these tips as a realization of your patience.

Dream

Dreams are things that play an important role in the teaching of human life. Man must and certainly have a dream. Dreams that push you to change the world. Dreams are important in the human attempt to realize himself as an authentic human being. Dreams are an essential human nature to really be human. There is no change without a beginning of a dream.

Dreams can make people motivated continuously to achieve what is truly desired. The dream of a man without a living person without a definite goal as life just follows the flowing water flowing water where he attended alone.

By having your life's dreams will surely direct to the destination you want. The focus and diligence are two things that must be maintained to achieve your dreams.

When you have a dream you should continue to focus on achieving it do not be too quick to give up because when you give up the universe to achieve your dreams could be disrupted and can be stopped.

Chapter 4:

Affirmative Action



Affirmations much like prayer, ideas but more structured than the affirmation and more specific prayer. Saying affirmations are statements that use self-acceptance with abundant freedom, prosperity, and peace. Affirmations can also be a positive sentences or group of sentences strung together into one. Affirmations must be harmonized with the laws of nature.

Each affirmation expressed with confidence and trust that confirmed it will be realized. If you do affirmations, you transfer part of your life-force to the affirmation.

Affirmations are also connected as a trigger tool that can help you realize your dreams you would most like to dream. You are the director of a story in your life and the only decision-maker in your universe.

If you do affirmations with commitment, confidence, appreciation and enthusiasm then the universe will attract all things, including people to realize your dreams.

Affirmations Principal

This is your command to the universe or the seed you planted your unconscious. Set aside and tell you exactly and clearly what you want. Affirmations must be firm and specialized subject.

Remember that you will get exactly what you ask for or you affirm. When requests are vague or indecisive then the answer would be vague and indecisive also usually will not be realized.

Developer understanding and create one strong desire and feel strong longing. Your burning desire and longing to act as a launch pad that will assist you in creating your affirmation complete embodiment.

Below is one example of affirmations:

1. "I, (state your name) has the right and now have and enjoy health, wealth, and happiness"
2. "I felt the warm rain and sunshine challenge the intelligence of God"
3. "I feel my life is free, as it should be"
4. "I'm blessed, happy, peaceful and happy"
5. "I enjoyed the task to spread happiness to all that I have met"
6. "It gives me pleasure; I help others in the way of life"
7. "I'm important ..., I'm good ..., and I'm strong!"
8. "Every day I am grateful for all the blessings I have received"
9. "I'm happy for the kindness I have received"
10. "Thank You, Thank You, Thank You"

Different Types of Affirmations

1. Oral

Words are thoughts expressed. They carry the message and energy of your affirmation. In affirmation of this type you say the words out loud and assertive because it will convince you as well.

2. In the Heart

You can utilize the thought process with the affirmation in the liver to become a reality. You think about what you wanted to have happened in your life. You focus and concentrate on what you want and think about it, in fact, seemed to have been realized. All that is preceded by a thought in someone's mind.

3. Feelings (Confidence)

Confidence is an act of reason related to an idea, a desire or affirmation is accepted as the truth and work based on the desire or affirmation itself.

4. Measures

Go and write your affirmations on a sheet of paper by using the senses of the physical body. This will bring them to nature occasion and place it in the realm of reality, give form and shape.

Write Down Your Affirmations

When you write your affirmations, then you talk to yourself or think on paper. The process of affirmation is formed by a written affirmation. When you write you leave an impression, a form, or a picture on paper, canvas or another.

When you write your affirmation, the affirmation was on its way toward reality. The written word is one step closer towards the realization of your affirmation.

Materialized Soon

At some point your affirmation to be realized and at other times the results for so long. If thoughts, wishes or your affirmations appear immediately, if there is no idea that is contrary present to negate this power, the power of thought will throw enormous power the opposite of a desire or affirmation.

Find a way to optimize pump your mind, trust and accept that affirmation is true and always will be. You may also need to make sure every part of your mind that your affirmation is true, and always will be. Go into the feelings and emotions are the deepest and ask when the right time to act and the kind of action needed.

Visualization Techniques

Natural mind occupies a separate dimension in natural energy; he was on top and includes natural materials. The mind is not hindered by the nature of matter.

The mind and the mind in which the mind is a reality. As proof, if we think concentration visualize something, then what we are visualizing will be realized with the right energy in accordance with the nature of our visualization.

The following stage of visualization you can do:

1. Find a quiet and silent, if you ask the family home you give yourself time.
2. Can play relaxing music if you like
3. Visualize the five senses you
4. Visualize what you dream
5. What did you dream of, feel in detail with all five senses you

Example: You want the latest car today. Sitting on a couch and close your eyes, visualize you are in a car you dream it. Feel around inside the car, Looking forward to the road while trying wheel of his car, stepped on the gas and try to hear the sound of gas, Kiss scented deodorizer that is inside the car, feel happy and happy to have to get the car you dream.

When the mind and the mind is a reality, where what we think actually materialized in the minds of (energy), then the message that you can consider are:

1. Do not ever think what we do not want, especially with deep appreciation. Never think negatively because everything we think it will happen. Whether in a short time or slow depending on the power of your mind.
2. Never judge yourself with negative words. For example: "My true idiot" or "Damn right I am."
3. Never imagining negative because everything you imagine actually materialized in the nature of energy or state of mind as can be seen by the whole of the energy of nature around you.
4. Never commit crimes with the mind, because it can bring sin.

Techniques Overcoming Negative Thoughts

For most of our negative thinking may already be part of the self. When things are not according to plan, we can easily feel depressed and cannot see the good side of the incident. Negative thinking will not result in anything, except make the feelings worse, which then will result in our performance was disappointing.

Here are nine techniques to prevent and overcome negative thoughts

1. Live in the moment

Thinking about the past or the future is something that often makes us anxious. Rarely do we panic because of the present events. If you find your mind trapped in what has happened or what had happened, remember that it is only today that we can control.

2. Say positive things to yourself

Tell yourself that you are strong, you are capable of. Say it constantly whenever. Start the day by saying positive things about yourself and let the mind or natural energy manifests your desires.

3. Believe in the power of positive thinking

If you think positive, positive things will come and the problem will feel lighter. Conversely, if you think negative, negative things will happen to you. This is a universal law, like the law of gravity or energy exchange.

4. Do not be silent

Browse what makes you think negatively, fix and re-developed. If it cannot be repaired anymore, stop complaining and regret that it was only going to spend your time and energy, it also makes you worse.

5. Focus on the positive things

Type in us being so negative, we often forget what we have and focus more on what we do not have. Make a note of gratitude. No matter the time, each day writes down five positive things that happened on that day.

Positive things can be big things or little things like "sunny day" or "evening meal was amazing". As long as you remain consistent to do this activity, it is able to change your negative thoughts into a positive thought.

6. Move

Exercising releases endorphins that can make you feel better. Is it just walking around the house or running 10 meters, physical activity will make ourselves feel better? When you feel the spirit, sports activity 15 minutes can make you feel better.

7. Face your fear

Negative feelings come from fear; the more afraid you are going to live the most negative thoughts in you. If you are afraid of something do something about it because fear is a part of life that we have the choice to not let fear stop us.

8. Try new things

Trying new things can also increase self-confidence. By saying yes to your life open up more opportunities for growth. Stay away from the thought: "yes, but ...". A new experience, small or large to make life more fun and useful.

9. Change perspective

When things do not go well, find a way to look at it from a more positive perspective. In every challenge there is an advantage, there is a challenge in any profits.

Develop Positive thinking

We are increasingly realize now if we think positive and stop worrying about everything is something important we do to achieve success, both to be a leader or as we lead.

Therefore, train yourself to keep thinking positive.

Here are some tips to develop positive thinking:

1. Always use positive words when you think and talk. Use words like, "God will help me", "With God's help, I can certainly do it", and others.
2. Let your mind be filled with happiness, strength and success. Whatever the situation you face, look and fill your mind with a positive side of the situation. In all things, positive and negative sides are always there.

Any bad situation you experience, definitely a positive side that is contained in that situation. It may be difficult to see the positive side of what you experienced, but try to look deeper, the positive side is certainly there.
3. Try to eliminate and ignore the negative thoughts. Replace negative thoughts with thoughts that build. Replace the thought "I cannot do this" to "I can do it better all the time".
4. Before doing anything, do not imagine a failure, but imagine the success that you will be after doing something about it. If you imagine the earnest nature of energy then it is easier to make it happen.

5. Try not to think of anything in excess. Often we get stuck in too much thinking and spending a lot of time pondering or thinking about what others may think of ourselves.
6. Fill your mind with God's grace talents you have. Do not let your mind is filled with weaknesses that you may have. With the thought of every talent you have, and then you will increasingly recognize your abilities that differentiate you from others. Make it a way of thinking such as your hat. Do not wear hats negative thoughts.
7. Mix with people who think positively. Positive thinking is like a contagious disease. If you're near people whose minds are filled with happiness and optimism, then you will automatically be affected by the way they think positive.
8. Read books that inspire at least one page per day. Book as it will help you to be able to keep thinking positive.
9. Get used to always sit and walk with your back straight. Habits like that would help boost self-confidence and strength that is inside you.
10. Regular exercise can help you to develop your mind and a positive attitude. Resolve to think positively now and leave the negative thoughts. Not too late to think positive and you will soon experience the change of life that is better than now.

5 Steps powerful and easy to make changes themselves

1. Select a maximum of 3 attitudes that you want to change. When you are just starting a change, trying to change many things at once to greatly reduce the possibility of a maximum of affirmation embedded in your subconscious mind.

Ideally, you select and focus on the attitude alone. Once you see the effect of your affirmations into reality, you can begin to instill a new affirmation.

2. Prepare 10 cards (10 x 15 cm) Write down exactly what the attitude that you want to change by using phrases like the above instructions. Write affirmations that will be embedded in your subconscious mind with large and firm.

3. Put your cards in place are used to seeing. Put one on your bed, the door of your refrigerator, one on your bathroom mirror, the one on your computer monitor, and so on. The important thing is put in place that often you see.

4. Immediately you wake up in the morning and right before you go to bed, say your affirmations 20 times out loud and repeat your affirmation with enthusiasm and smile because you know every affirmation you say it's embedded in your subconscious.

5. When you see the changes that happen in your life then you may begin entering a new affirmation again.

Tips to Overcome Low Self-Esteem

Not everyone can perform optimally in all conditions. Sometimes if it is required to perform the best, but are you ready?

Are you able to eliminate your sense of inferiority?

The following troubleshooting tips inferior version of Norman Vincent Peale below:

1. Formulate in your mind about a mental picture of yourself successful. Keep a picture of yourself and do not ever let it become blurred. Your brain will try to develop and realize this description. Do not ever think of yourself fail and question the reality of mental imagination of success.
2. Whenever a negative thought about your personal appears immediately replace the brain with positive thoughts about you.
3. Do not build up obstacles in your imagination alone, cut up as little as possible.
4. Do not be amazed excessively on someone so you try to imitate it. Remember nobody really become resigned her except him.
5. Never compare yourself to others because it can crumble you.

Steps Achieve Your Dreams

When you begin to assign actions to achieve your dream, you have to realize that any action will not be perfect and sometimes make mistakes but we need to remember to make mistakes and go forward then you managed to overcome the obstacles and keep going toward your dreams.

8 Tips to Achieve Your Dreams

1. Know your abilities and your dreams; this is the earliest step to start
2. Focus on the goal, never focused on two objectives at once because it just makes you exhausted and nothing worked
3. Increase your skills and follow its development
4. Dare to try something new because you are new to try out how your skills
5. Learn from people who are successful, but not imitate that person just learning process they achieve success

6 Principles in Dealing With Problems

1. Calm your mind.

Take time for yourself and think what the root of the problem and find a solution with a peaceful mind because of the unsettled mind will make your poor decisions and mess things up.

2. Tell your problem to your friend

Here the question is to tell a friend who has the same goals or the same field or people who are more experienced than you are to find a solution to your problem.

3. Believe in yourself if you can overcome any obstacles that hinder

4. Do not be too focused on the results you get big or small but focus on your work.
5. Always give thanks to the Lord what you have received during this.

Tips to Help Keep You Smiling and Thinking Positive

1. Avoid negative news and negative films
2. Read books that inspire and positive bedtime
3. Find friends were positive and that has the same field
4. Often movies that can make you laugh and let you laugh off
5. Allow time for you to pamper yourself
6. Always grateful and thankful
7. Exercise can make you into a healthier

Relaxation Therapy to Cope With Stress

Relaxation therapy is to prevent and reduce the tension of mind and muscles due to stress. It is important for children and adults, as tension can affect the balance of the body. When the tension, the body will become weak and consequently, the body cannot perform its functions optimally.

Tensions body and soul can be identified by the following symptoms:

1. Increase the amount of sweat
2. The heart rate increases
3. Chest feels depressed
4. Feel the rush
5. Feeling helpless / confused
6. Easy to anger/irritability

Experts agree that stress will always begin with the problems that arise out of our lives from time to time. It is important for an individual to relax when under stress. There are many relaxation methods that you can use to achieve peace of mind.

A relaxation is a form of activity that can help cope with stress. This technique can be done in two ways: lying and sitting in a chair. For those of you who do not have the free time, you can do it at work in sitting in a chair. This relaxation technique only takes 20 minutes.

The preparation you can do for relaxation:

1. It is recommended in quiet environments or can also be helped by soothing music and soft.
2. Position your body in a relaxed state can be sitting, half lying or sitting in the recliner.
3. Begin with prayer to God.

Visualization Relaxation Techniques

In the relaxation can be added to the visualization. Visualization is a way to release the interruption in mind by imagining it as something disorders objects and then let him go.

Example: When you are under stress or tension, you can close your eyes relax and inhale deeply and then exhale through the mouth slowly and the intentions of each breath from the mouth to bring all the tension and stress from exiting the body.

And when inhaling the intentions of each breath taken into the body is a positive energy. Do the above techniques several times until you feel your body becomes light, relaxed and calm.

How to Instill in The Minds Affirmations

We may be familiar with words of affirmation, affirmations is that we express our desire into a word or a private writing. It is a technique that is simple yet thought should not just underestimate.

The purpose of this affirmation is to repeat a statement from day to day until the statement is embedded right into our subconscious mind. If this happens then our subconscious mind will feel the difference between what is real as if the outside world we are real.

This difference will cause a pressure and our subconscious mind will provide ideas, motivation, and behavior so that our outer world is real will begin to align with the state of the world in us. It seems almost like a miracle when all the doors open is our chance to make an affirmation of our reality.

However, we must determine a way for this affirmation into something effective. Affirmation must be written in a very special way.

3 Things to Consider When Creating Affirmations

1. Statement of affirmation that should be private. We should use the word "I".

For example, a proper affirmation is "I can confidently speak in front of thousands of listeners".

2. Statement of affirmation must be positive.

For example, a proper affirmation is "I eat healthy food every day". Examples of an affirmation that one is "I do not eat junk food".

As we know though our subconscious mind is a very powerful tool, but our subconscious mind works very simply. What we claim is processed through pictures rather than words.

Our subconscious mind cannot process a negative word like "no", "no" or "cannot". When we say "I do not eat junk food" then your subconscious mind to bring images of ourselves and junk food, and we just started to embed with powerful behavior which we try to change.

3. A statement that the affirmation must sentence current conditions. We usually think with a logic that makes affirmation like "I will succeed in my business." This statement is actually wrong. Why? When we express our sentence using "shall" so that no pressure is created in our subconscious mind so that there is no process of planting affirmation or changes.

As we know when we declare that we "will" succeed one day, we actually also implies that we do not succeed now. An implied condition that is known by our subconscious mind as truth that does not change anything.

Only by changing affirmations same without the word "will", I am successful in my business ", we are creating the necessary pressure our subconscious mind to proceed.

These three things are very important to instill the affirmation not to simply repeat what we already know.