

Why Positive Thinking Doesn't Work

By

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Have you ever asked: "Why does one person succeed in business while another fails?" "Why is it that someone uses affirmations for money and success and becomes poorer and someone else uses the same affirmations and gets great results?" "Why is it that some people succeed, prosper and enjoy good health while at the same time so many other people with good intentions suffer sickness, misery, and poverty?"

As we set new goals and aspirations for what we want to be and achieve, we are told to dream big, to reach beyond our limitations, to challenge ourselves. We've all been inspired at some time by a book or a lecture or a sermon – we find it, embrace it...and then fall flat. This is true for any goal that we set – losing weight, achieving new levels of prosperity or finding our soul mate. Why is this so?

There are definite, definable psychological laws at work that determine your level of accomplishment. You have only one mind, but it possesses a duality. We call these two distinct characteristics the conscious and the subconscious. The conscious mind sets a goal – it thinks, plans, analyzes, makes decisions and carries on all mental processes. The conscious mind is like the tip of an iceberg and it gives directions to the subconscious mind. The subconscious mind (the huge part of the iceberg below sea-level) can only reason deductively. It takes general principles which are established or assumed and gets specific results. The subconscious receives the directions and follows them implicitly. It has a memory pattern that stores every belief and every thought that you have ever had, as well as the conditioning from society. It will produce the result only according to the data stored – GIGO.

To re-program our lives requires more than positive thinking, visualizations, affirmations or anything else we use to create a false sense of being in control. It takes the courage and commitment to allow the old to fall apart so that the new can fall together. It all begins with desire. You must let go of your "pictures" and expectation of what ideal is – to move into your experience rather than try to live in your symbols. Be glad that you are fed up – for this is the first step to experience a major shift in your life.

Know that you will feel as if you are losing it and that there will be an urge to hurry and patch it up or to return to old patterns. You will feel worse, out of control, you'll fear losing everything, nothing looks good, there is conflict and you will wonder where your motivation went. Whatever you resist, will persist and whatever you refuse to feel never goes away. During this time there will be a purging and a need for forgiveness of self and others. You will let go of pettiness and ego and what does not work. This only happens if you allow yourself to feel the pain, frustration and disappointment of the past and allow it to be OK. With acceptance comes the power to make things different.

As you adopt new behaviors be conscious of all your choices. Place a demand on yourself to look at each challenge and ask questions. Find patterns and break routines, so that there is thought and mindful action to what you think, say and do. Discipline yourself to commitment, for putting the emphasis of going back to what's familiar and comfortable will defeat you. It takes effort at first to live effortlessly. Allow the emptiness and don't hurry to fill it up. Open your eyes to a whole new way of living, rather than "faking it", for that it is only putting whipped cream over your old belief systems (b.s.). Finally, experience how the emptiness begins filling with new life and a new way of living as your life has fallen together. The exhilaration will last for a while and then the process will begin again. As you become friends with yourself and master the inner learning, you go with the flow that leads to more life and your heart's desires.

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