

How To Think Positive:

Self-Empowerment Action Guide

In this guide I will help you begin to open your eyes. It is likely that long have you been in the dark and it is time to let some light in. Your job will be to amplify this light and keep putting your part so that you maintain it alive. As you do this, your light will be getting so bright you will begin to feel a sense of peace, wholeness, and completeness. You will go from the practical everyday life experience to a more spiritual one as you progress and begin to understand the lessons behind this knowledge.

It is important to have a little bit of an introduction on positive thinking in general. Know that it is a state of mind that works exactly the same way as negative thinking. They both serve a purpose, and both have to do with a compilation of experiences, habits, ideas, and beliefs.

This compilation is called a "paradigm"

If you think you about had it with the overall negative paradigm and experiences associated with it, and don't like it, then you must change your experiences, habits, ideas, and beliefs to create a new one.

Positive thinking and negative thinking could be described as the "road" that takes you to your paradigm. If for a long time you have had negative experiences, habits, ideas, and beliefs, you will create a more negative paradigm and you will continue to fuel it with the negative thinking that has taken you to it.

Even if there are times when you are feeling good and think positive, your paradigm is mostly negative. We could say in easier to understand terms, that your paradigm is 85% negative and only 15% positive. This in turn creates more negative, less fruitful and enjoyable experiences in your life. It is the reason more negativity seems to surround you rather than good.

Positive thinking is hence a tool or "road" to help you begin tipping that scale so that you can turn it around and create a new more positive productive *paradigm* where you get 85% positive and 15% negative, the opposite of the negative paradigm.

One of the reasons we keep getting the same results is because we keep doing and thinking the same things! It is simply crazy to expect things to change when we don't do any changes to our actions and our thinking.

Before we get any further, I want to let you know that I can't change you, I simply cannot do it for you. I can only show you the way. So make sure you go at all the information with an open mind and open heart because whatever your existing beliefs are now, they're obviously not working for you.

Remember that the ultimate change will be a mental one, because after all, it is from the mind that all physicality is created from. This means that what you change inside, in your mind and heart will also change your results on the outside.

The steps I'm about to outline are the steps I developed taking all the knowledge also based on experiences I went through myself, it gives you the road I took along my journey up on to this present day where I have acquired a lot of wisdom that I am happy to make available to you.

It may be a little different for you, but I am certain that every single piece of information on these steps will greatly help you along your way.

You do not have to follow this specific order, but it is what I strongly suggest because each step builds upon the previous one...

1. Read the "*How To Think Positive: Get Out of The Hole of Negative Thinking*" eBook

This eBook will be an overview to give you great simple practical ideas and knowledge so that you can start your journey. I will outline parts of my personal story to emphasize the points and ideas I have gained that have helped me along the way.

2. Release old attachments by following the best technique I found titled: "*Releasing Old Attachments Technique*"

I cannot emphasize how important it is to do this, your entire life and belief system today is the result of your past. In this step I will show you how to release negative past attachments from negative

experiences so that they don't get in the way of your progress. This technique is the best one I found based on extensive research. It is the easiest, fastest by far and best of all, it works.

3. Gather new more advanced ideas to manifest change in your life by reading “*How To Think Positive: The Law of Attraction, A Quick Guide to Your Hidden Manifesting Power*” eBook.

Read this eBook because it contains important information that will build up your understanding and begin to change your perception. It will inspire you and trigger new ideas that may challenge your current belief system which is based on your past up to this point. Developing a new belief system that overrides the old one that doesn't work will begin to open your heart and mind to allow for the development of higher consciousness. In higher consciousness you begin to connect the dots of your current reality and the collective reality that ties us all together, this is the part where you will better realize that by changing our own life and reality, we can collectively change the reality of the world we live in.

4. Read “*Rewire Your Thinking to Tip The Scale*” guide

As you let go of old attachments and begin to learn and adopt new better-serving beliefs, now it is time to fill your being with more productive content, here I will give you many ideas on how to do this. The main point here is to tip the scale so that your perception and experiences become more positive than negative, not the old way around.

5. What Else Is There? *Final Thoughts*

Now that you have gotten yourself on a better path, here I will give you some final thoughts for this moment, some of the things you can be capable of doing once you unlearn what has to be unlearned and learn what better things serve your being in a positive way.