

4. Rewire Your Thinking to Tip the Scale

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.

We could say that our reality is composed of the electrical signals interpreted in the brain that we pick up by our primary senses: Sight, hearing, smell, taste, and touch. Yes there are more senses than these but for the sake of our goal here we will focus on these five.

A frequency or "energy" also exists in everything we interact with (including people and things) in our experience in this world. The frequency can be high or low, positive or negative.

There is a high or low energetic frequency to the type of music you listen to, the TV shows you watch, the people you talk to, the food you eat, the books you read, and to the feelings associated with any of these.

To begin what I call "rewiring" our thinking, we must then associate more with daily activities that have a positive energy to them. You will know what makes you feel good or not so good as you experience these activities.

A horror movie for example, may give you certain rush or thrill, but if you watch these types of movies constantly on an ongoing basis, chances are you will begin to behave fearfully in your life with other things especially if they have associations to any of the scenes that you watched in the movie.

How many times have you felt highly energetic when you listen to upbeat type of music, feel like you want to cry, or have a negatively high boost of ego making you feel tough with another? Music can affect your mood and state of mind.

I can come up with many examples more but I think you get the idea. The point is that everything that makes up your daily life starts to add up to the compilation of habits, ideas, and beliefs. If these are mostly negative which creates your paradigm, then so will your experiences.

Here are some of the things I did:

- Switched from watching regular TV shows (of which are mostly garbage) to watching motivational speakers on Youtube, not only are many of these regular TV shows garbage but they also waste huge amounts of productive time, not to mention the hypnotic state you fall in with commercials. Only look for what motivates you and uplifts you, new things that are more productive to your mental state.
- Get rid of friend's phone numbers, you know, the ones that always bring you down with constant complaining, gossip, etc. It may be hard at the beginning but allow yourself to distance from these energy-draining individuals.
- Associate with the "positive thinkers." You will find out that as you do this, new more encouraging friends will come your way, new people that talk positive and productive will help you instead of add to your detriment.
- Practice positive self-talk throughout your day and reinforce this by reading something positive every day, there are excellent pages on Facebook with good quotes, affirmations and blogs with similar content. Follow my page www.facebook.com/HowToThinkPositive for this content to get you started and get inspired daily. I also try to put informative articles and resources on www.HowToThinkPositive.net
- Read positive material whether you like to read paper books or digital ones, just make sure you are always reading and learning new things. All of this will allow you to gather new and better concepts to replace the old ones.

I have included in this compilation as a bonus to thank you for your support, **the first 3 books I read** that started to help me gain new awareness, they provided me with new concepts and ideas that catapulted me further with invaluable wisdom and knowledge that I started to apply which in turned totally changed the direction I was heading towards in and start creating the results I wanted.

You will find more ideas in my books, website, and the facebook page. Keep in touch by signing up to my free [email updates](#) so that I can help you stay motivated along the way.