

The Power of Thought



A man is but the power of his thoughts -
what he thinks, he becomes.”

– Mahatma Gandhi

YOUR BODY IS SIMPLY A LIVING EXPRESSION OF YOUR POINT OF VIEW OF THE WORLD.

Our thoughts are SO powerful. They dictate everything - our actions, our feelings, our emotions, and our attitudes. This can be both dangerous and empowering. If you think, “I am great,” then you start to feel great - you feel pleasant emotions, you attract great experiences. On the contrary, if you think, “I suck,” you’re more likely to feel sad and depressed and you attract people and experiences to confirm it. Your thoughts create your reality.

THE ENVIRONMENT IN WHICH YOU LIVE RESPONDS TO YOUR THOUGHTS AND EMOTIONS.

Human emotions create an energetic field within which other things and people interact. Wild, we know. The way we think greatly influences how we feel, how others feel, and the world around us. Without a positive self-image, no matter what positive health changes you make, you still might not feel good about yourself. And in the end, isn’t that the point of eating healthy and taking care of your body? To feel good?

YOUR THOUGHTS AND CONSCIOUSNESS PROVIDE A SCAFFOLDING FOR YOUR PHYSICAL BODY.

Even your food is infused with energy and if you work with it instead of against it, you can gain peace in your body and reach your goals. The energy provided by your food is affected by what you say and think. Sound crazy? There’s science to back it up. Those green beans sitting on your dinner plate are not static - all things contain dynamic energy.

ACTION STEPS:

- To manifest these positive thoughts we first have to start with a clear mind. Try asking the universe (or God) for a clear mind. Meditate, pray, do yoga, or just pause to let go of the monkey chatter and calm your thoughts.
 - Get clear on what you want. Make a mental list of all you want to feel - your wildest dreams. You want what you want. Period. No apologies.
 - Now it’s time to relax. No seriously - stop thinking and let it all go. Yes, you are clear on what you want
- but you can’t control how your wants manifest in your life. Trust the process.
- Put positive thoughts and energy into preparing and enjoying your meal. Say a blessing every time you eat - it doesn’t need to be religious. If you think the food you’re eating is horrible, it becomes horrible. If you genuinely enjoy the meal or treat in front of you, it enjoys you right back. Let the food feed every part of you.