Energy Awareness and the Power of Thought

Positive and Negative Thoughts

As we think, so it comes into being

We create by our thoughts and **our thoughts take on Energy**. If we think loving thoughts, that is regarded as being **Positive**. If we have Fearful thoughts, that is regarded as being **Negative**.

If we think positive things, then positive things tend to happen to us.

If we think negative things, then negative things tend to happen.

The good news is that although energy cannot be destroyed, it can be changed. What that means; by changing the energy associated with our thoughts, we can bring about changes in our lives.

We have the **free will** to choose what thoughts we want to have, good or bad. By keeping the mind positive and loving, transformational changes can take place in a life that has, previously, been filled with pain and negativity.

The choice is ours. We can chose to keep our energy positive or we can hold on to negative energy with all its associations.

An elder Cherokee Native American was teaching his grandchildren about life. He said to them, “A fight is going on inside me. It is a terrible fight, and it is between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, pride, and superiority. The other wolf stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith. This same fight is going on inside of you and every other person too.” The children thought about it for a minute and then one child asked his grandfather, “Which wolf will win?” The old Cherokee simply replied: “The one I feed.”

Only YOU can make that choice.