

Thoughts to Ponder

Change Evokes Change

October 2009

www.jeanwarner.com



The other day I saw a bumper sticker that had a profound message: IF THERE'S NO CHANGE, THERE'S NO CHANGE.

How apropos can that be? You can apply it to so many things. No doubt it was directed toward politics. But think about it for a bit. Can you apply it to yourself? When I did, I received an aha! If we want to change our "luck", perhaps we need to take a look at our thought patterns. We can effect change regarding health, abundance, happiness, the right job, a new home, new friends, and on and on. But first we need to take a look at the way we have been viewing all of these wannabe's. If we are honest with ourselves we will realize we must change our outlooks. Are we blocking the materialization of whatever is our goal?

Negative thinking is a common block to receiving. We might feel unworthy to have the things we long for. Perhaps we feel that it would be selfish to accept such an elaborate gift as that beautiful new home we dream about, or the high rated vehicle we've yearned for. Maybe we think our friends might back away from us, or that we shouldn't want to upgrade our lifestyle when others have so much less. Any of those thoughts can produce a block for the manifestation of our dreams. Your block might come from a different angle. Think about it. There are so many patterns of thought that can stand in our way. And thoughts are magnetic. If we repeatedly tell ourselves *I can't*, sure enough, we can't.

If you are declaring perfect health but have no faith in whatever form of treatment suggested for you, you probably are blocking any cure. Or it may go deeper. If you have been sickly all your life, a bit of fear may enter in. Your body may not want to deal with a change from what appears to be the norm for you and will try to hold you in the "normal" bodily functions. Subconsciously, you may not want to be well. Or it may be that you are unconsciously using illness as an excuse for not accomplishing what you fear you cannot do. This, too, could cause a block, even though your conscious mind will shout: No! I wouldn't do that. I want to be well! Even though you dislike a situation, that situation may provide your comfort zone if it has become the way you see yourself.

None of the above possibilities may apply to you. One sometimes has to dig deep to find a negative thought pattern that is applicable to one's particular situation. Its basis might go back to early childhood, too early for conscious memory. It may not be necessary to find the cause of a blockage if one just acknowledges its possibility. If there is a block, you can dissolve it by changing your thought patterns. This is not an easy thing for us to do. Our patterns of thinking have been with us for many years. They might even be carried over from past lives.



Belief systems can form early in life. They may be passed on by our parents and associates, and though they were never ours in the first place, they have become imbedded. These are most difficult to change. We have to ask ourselves why we cling to these belief systems. Were they really ours to start with?

Although we think of thoughts and patterns of thought as being a mental process, they often are intertwined with emotions. And emotions can have powerful influences on the physical and upon the circumstances in one's life. So we cannot presume that our inability to overcome negative effects is *all in the mind*, as we so often like to assume when referring to someone else.

There is a book I am excited about called *The Emotion Code* by Dr. Bradley Nelson. He teaches a simple technique to get rid of trapped emotions. A few of my friends have practiced the technique with some instant and amazing results. Ridding ourselves of trapped emotions is an important prelude to change.

By changing ourselves, we can change our world. Each of us has something to contribute to the world and to mankind. We are very much dependent on each other. We have different skills, different passions, and different motivations. And no matter what we do for a living there are people who depend on our services, whether it is plumbing, construction, sewing, technology, or whatever you might provide. Think about it. What would you do if your water pipes broke and there were no skilled plumbers? Some services are essential and some just make life a little more pleasant, but all are needed. If you are unable to work or do anything physical, you still can help the world with your thoughts, for the energy from kind, compassionate thoughts or words will continually circulate.

Yet even if you think you are not contributing anything valuable. Just being you is a gift to the world. Your vibrations, your energy, and your love, are important to people you don't even know. We all extend our light, our knowledge, our thoughts, and our essence to the collective consciousness of all. By changing any negativity in our thoughts, words, feelings, or attitudes, we change the ambience around us, and this has a snowball effect. As we uplift ourselves and each other, we uplift the population of the world. Those changes within us radiate out and are passed from person to person. And all the vibrations from each of us emanate and uplift those around us and are passed on. As each individual changes his energies from negative to positive the impact reverberates around the world.

World change starts with you.