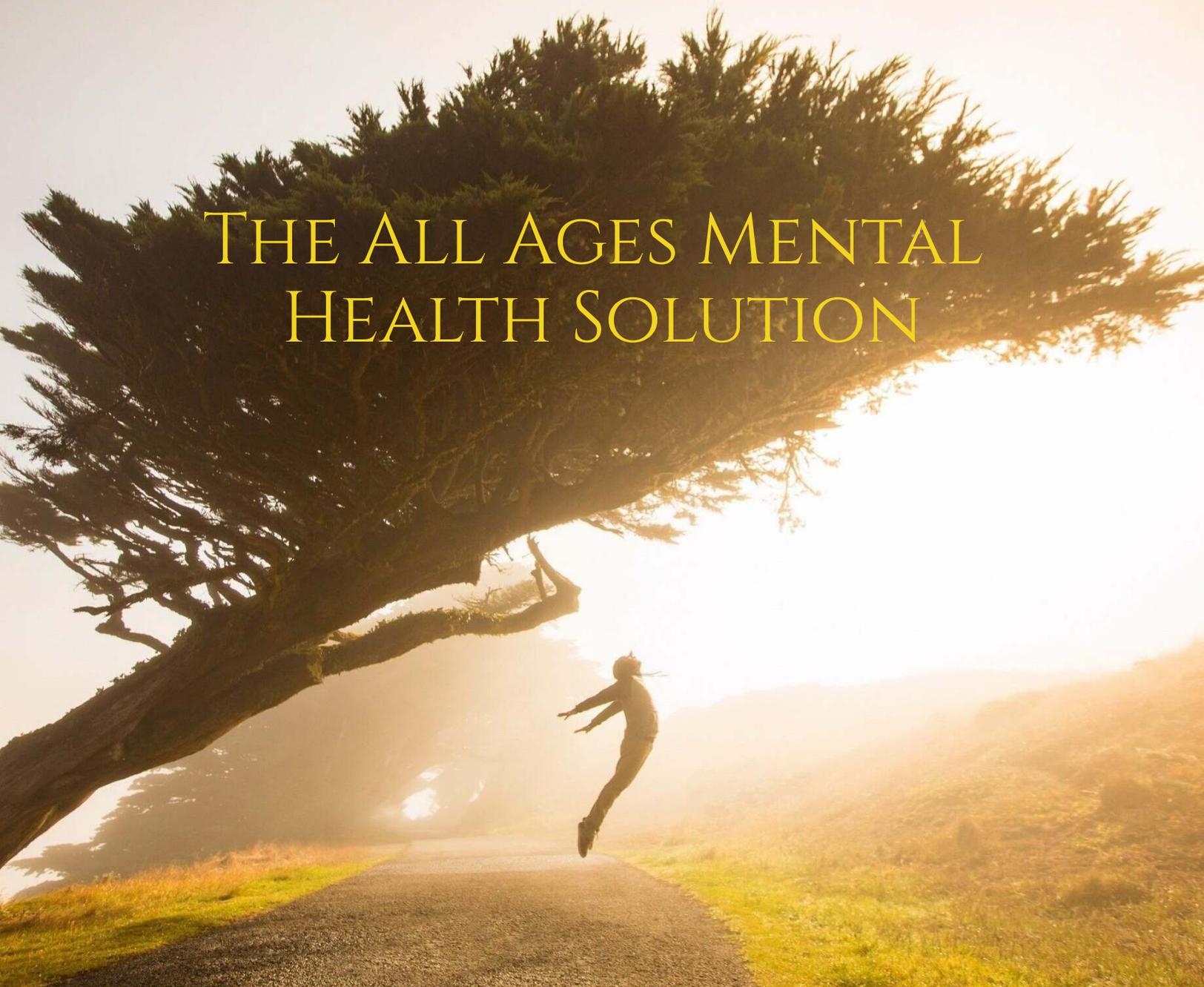


YOU CAN FLY

WITH

POSITIVE THOUGHTS

*THE ALL AGES MENTAL
HEALTH SOLUTION*



William Eastwood

You Can Fly With Positive Thoughts - The All Ages Mental Health Solution

William Eastwood

2023

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William Eastwood

w.eastwood01@gmail.com

P.O. Box 2194, Bayfield, CO 81122

Author Biography & Publications

“[THE SOLUTION TO ALL OF HUMANITY'S PROBLEMS](#) & The Secret to Creating the Life You Want”

“[MIND POWER FOR SUCCESS GUARANTEED](#) – Mind Over Matter for Money, Success & Health”

“[YOU ARE A BEAUTIFUL PERSON](#) – Key to Freedom”

“YOU ARE A BEAUTIFUL PERSON – [The First Key to Freedom](#)”

“[WHAT IS THE CAUSE OF](#) School Shootings, Bullying & Fake News, Crimes Against Humanity, Poverty & High Taxes, the New Arms Race & All My Problems? - HOW TO CHANGE YOUR WORLD”

“[MANIFESTING POWER BOOK](#) - A Guide to Materialize Money, Better Relationships, Goals & Dreams”

“[HOW DO I MAKE THIS THE BEST DAY POSSIBLE? MANIFEST WHILE YOU SLEEP](#)” ([Audiobook on Audible](#))

“[YOU ARE ALTRUISTIC!](#) A True Story & Message to Humanity”

“[THE HOLOGRAPHIC REALITY](#) – Journey Out of the Illusion!”

“[THE ALTRUISM CODE](#) – Your Protection”

“[INTERNATIONAL PHILOSOPHY](#) – The Good Philosophy of Life For Everyone Everywhere”

Dedication

This book is dedicated to Chang Shi Yang in Singapore, who encouraged me to write this book so that he could print it for children in the Singapore school system.

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Preface

I wrote this book in response to the global mental health crisis.

Attempted suicide by children, ages 10 to 12, has shown [a 73% increase in the U.S.](#) The problem is not exclusive to the US. Mental health expenditures in Singapore, for example, are estimated at [nearly \\$16 billion a year](#), (a nation of only 5.5 million people).

There is an intrinsic error in the way we think or the problem would not be appearing in every nation. This is an easy to understand book for all ages that can eliminate depression.

The first six chapters are easy for people of any age to understand. Chapter seven is slightly more advanced.

This book is not for small phones or devices but is otherwise a user friendly PDF format that can be read on any device and easily printed. You do not need a reading device.

I have [many other books available in EPUB and other formats.](#)

You Can Fly With Positive Thoughts

About 50 years ago I discovered ideas about reality that were so fantastic that all I wanted to do was share them with the world. So, I set out to do that. I spent decades planning how I would help humanity to avert the dark future and instead experience a heaven on earth unlike anything previously imagined. I imagined that the world would be completely different in 50 years.

But here I am 45 years later, and almost nothing has changed. Instead, humanity's problems have grown worse. I see violence, division and mental illness everywhere.

This book is the solution. It is a positive thinking book that can change lives for the better. The International Philosophy in this book is powerful and it does work.

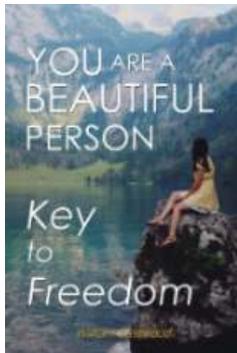
Mental health solution

Human nature is not flawed, instead people's beliefs generate poor behavior. Flawed beliefs generate flawed behavior in the same way a faulty operating program in a good computer will cause it to run improperly.

"Political, scientific, religious, educational, medical and economic forces in our society are telling you that there is something wrong with you. I am here to tell you that there is nothing wrong with you — that's contemporary superstition being projected." — William Eastwood.

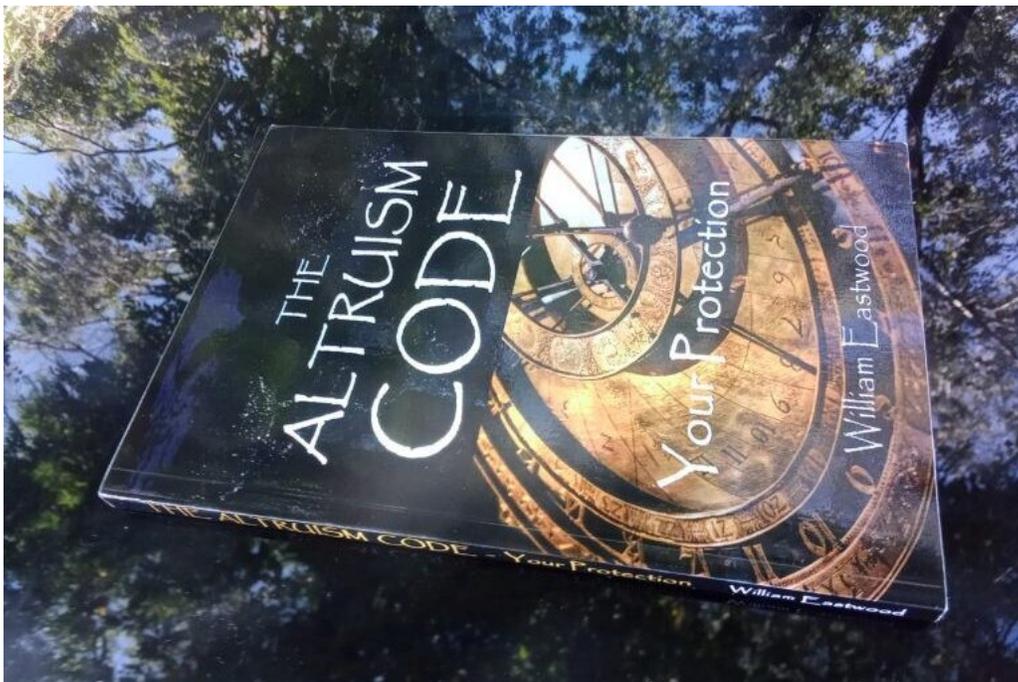
The many challenges facing humanity at this time — an overcrowded planet, climate change, war, food shortages, divisiveness, personal economic struggle, inflation, the pandemic, health issues, mental disorders and emotional suffering — are all a result of one thing. We have built our civilization on the idea that the human being is flawed.

You Can Fly With Positive Thoughts



No matter what anyone says, there is nothing wrong with you. And if you have been told that you have to accept what you do not like, that is a lie too. Your life can be whatever you want it to be.

You and your life are pure goodness and potential.



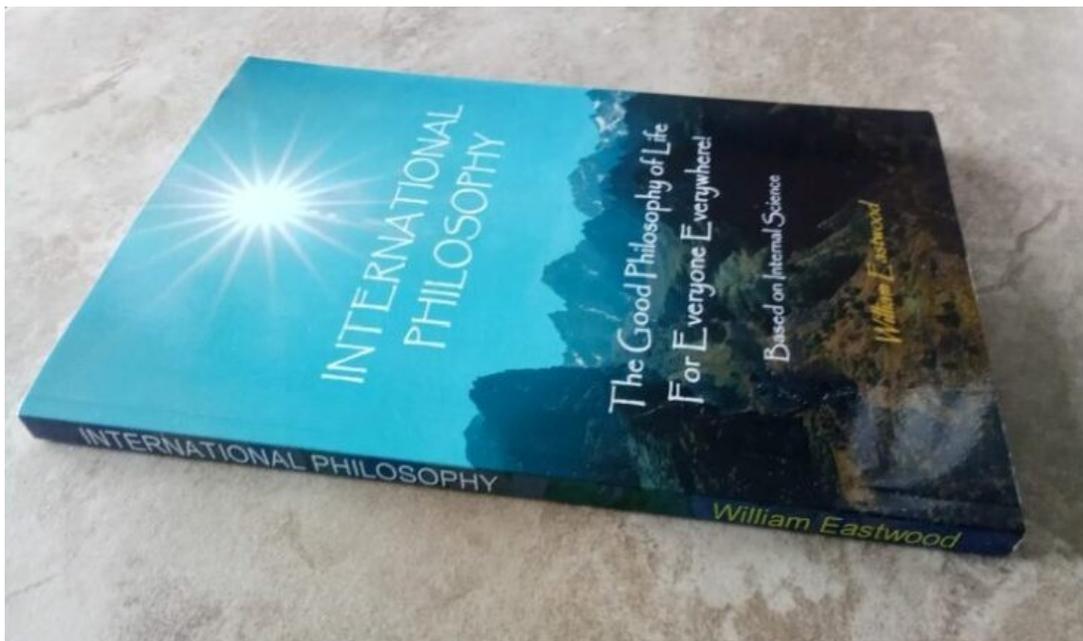
You Can Fly With Positive Thoughts

We are one people in a world community

There is a universal language that everyone understands. When you smile in Singapore it means the same thing as when you smile in the United States.

I get Ukrainians and Russians on my websites. People are the same everywhere. People are asking me for this information. They are actively seeking it out. Everyone is my friend. All people are good people.

The Truth must be shared to set all free.



International philosophy

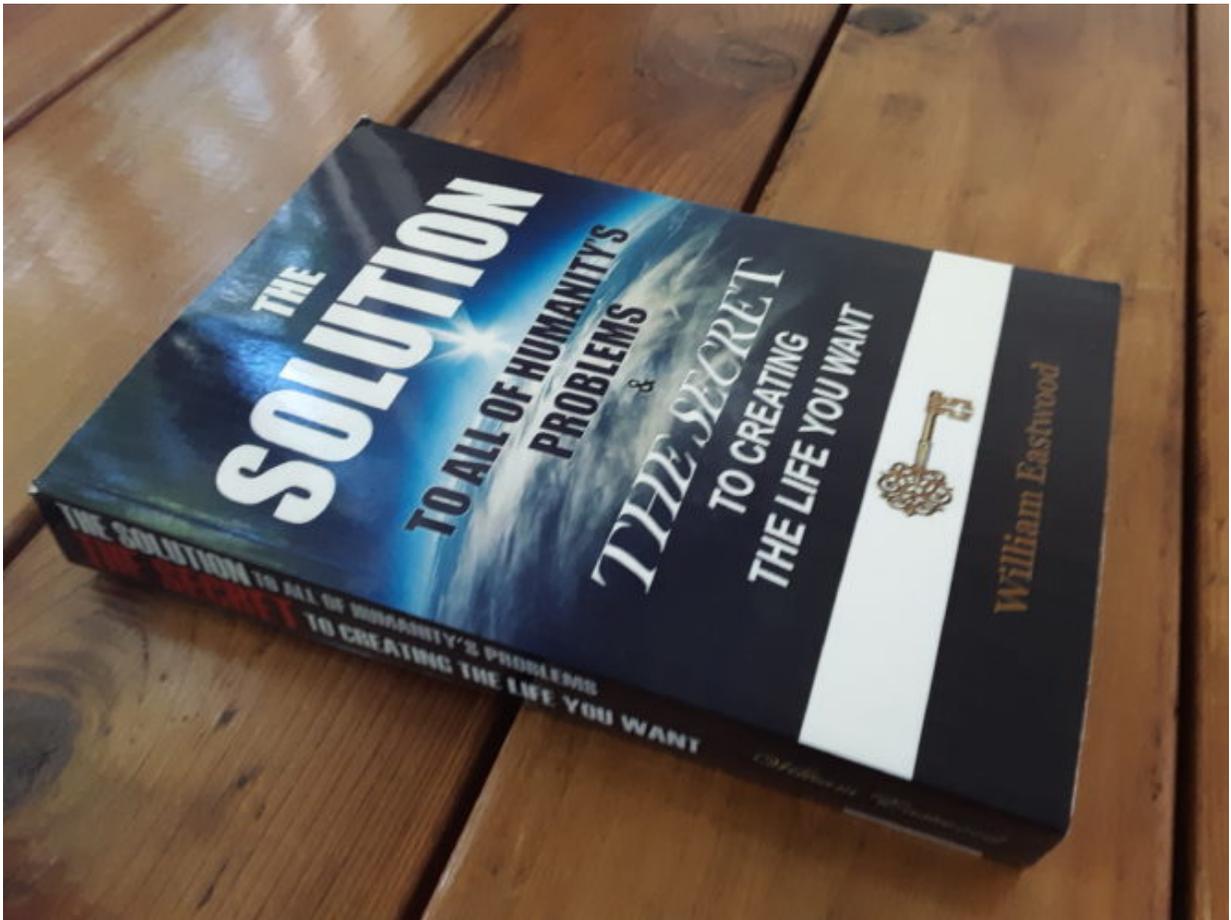
International philosophy is based on the idea that we are fundamentally good rather than naturally inclined to do wrong, with the knowledge that what we believe is physically manifest.

Flawed beliefs generate flawed behavior in the same way a faulty operating program in a good computer will cause it to run improperly.



You Can Fly With Positive Thoughts

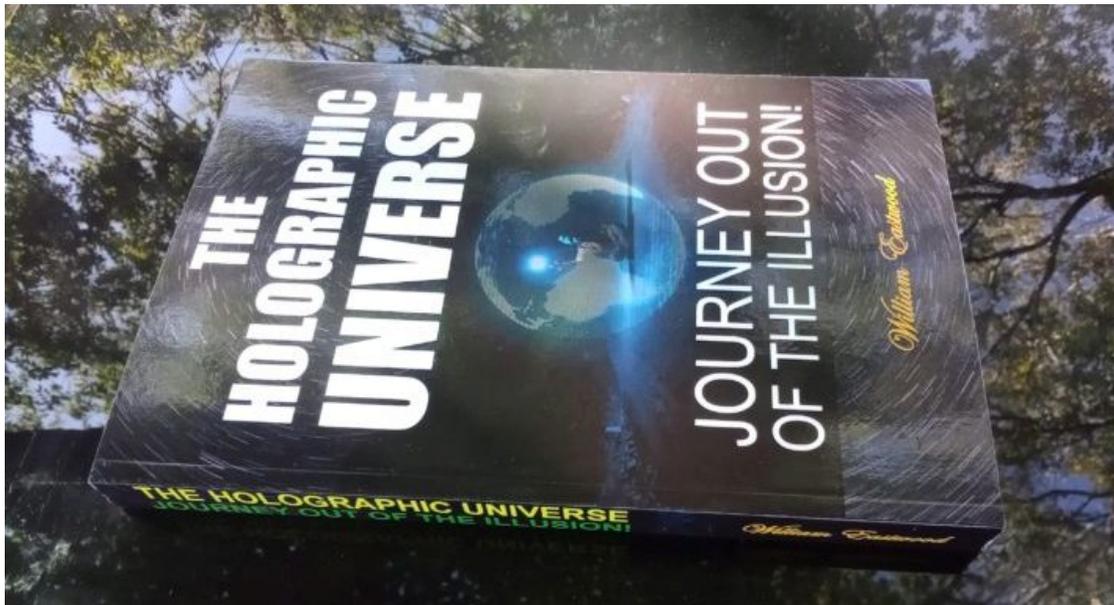
The secret to creating the life you want



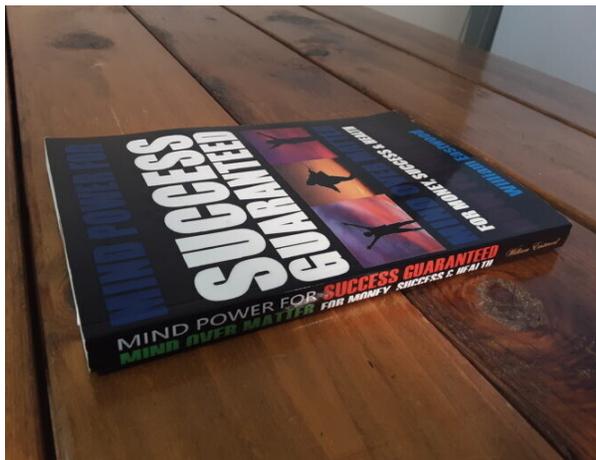
"When you become aware of how you are creating your reality, you can learn how easy it is to change it." — William Eastwood.

You Can Fly With Positive Thoughts

The news of the century and your way out of the illusion



Your success



How to Change Your World



You can't solve a problem if you don't know the cause of the problem. This is a great book because it tells you the cause of all problems.

If you click on the link below you can access hundreds of articles that will make you so smart that you will be able to change the world.



MASTER LIST - FREE ARTICLES



You can't read this book and be depressed at the same time.

Introduction

You can make every day like Christmas morning. I know, because I have done it, and so have many others.

If a magic genie appeared from a magic lamp to grant you unlimited wishes, what would you ask for? If the universe was your catalog, what would you order? This sounds like fantasy, but not when you understand that you are a powerful creator. When you understand the law of attraction and that you create what you focus on, you can have anything you want, no matter what it is or how big it is.

You Can Fly With Positive Thoughts

Some people think superheroes don't exist. But I say, "*You are one, you just may not know it yet.*" You are an incredible multidimensional being with unlimited powers of creation that you can use to change any situation and create anything you want in life. Your life can be all fun and joy. You can design your life to be everything you want it to be and nothing else. To do that you need to understand the ideas I will share with you in this book.

You are NOT meant to suffer!



that way at all!

Reality is not the dark and gloomy picture that is taught in the classroom and depicted on the news. There is no reason whatsoever to suffer in life. You do not have to work at a job you do not like in a grueling 9 to 5 life of pain and suffering followed by death and extermination of your existence. It isn't

This way of thinking is a symptom of a flawed model rather than flawed people.

The secret is the law of attraction and the way of thinking given in this book. Adults call it "International Philosophy" because it is for everyone everywhere.



The secret is the law of attraction and the way of thinking given in this book. Adults call it "International Philosophy" because it is for everyone everywhere.

"Consciousness is altruistic, and that means that you are an amazing, powerful and beautiful person." — William Eastwood.

"If you want to be wrong then follow the masses." — Socrates

International Philosophy (the stuff you are reading)

The people of earth need a global philosophy everyone can agree on to unite humanity and to bring about the vast potential of our civilization and all its individual members.

[Internal Science](#) and International Philosophy hold the answers we need.

International philosophy will not result in unhappiness, powerlessness, mental illness and a high suicide rate the way contemporary psychology does.

This book will show you how to create what you want in life with your mind. It also will show you how you can help solve world problems.

People see what they want to see, and cults gain followers because the mind projects its beliefs into personal experience. When our civilization begins to understand this, we will be able to solve the world's problems.

"I can show you how to achieve any goal and solve the world's problems using [International Philosophy](#), which is based on the facts of [Internal Science](#)." — William Eastwood.

You are powerful, not weak

For thousands of years we have been told we are small and weak. Youth are told they have no power. People are afraid because of the lies they are being told. You are not a victim of anything and you can change anything you do not like.

None of what you have been told is true. Instead all men, women and children are beautiful and powerful. You are a powerful creator and you are here on earth because you want to be here. If you were not being told lies you would remember why you came here and who you are. You are here to have fun and enjoy yourself by using your powerful creative abilities to create whatever you want in life. There is nothing that you cannot change. If there is anything you dislike in life, you can delete it.

01

*DO YOU
WANT TO
FEEL GOOD?*

You Can Fly With Positive Thoughts

If you are positive, you will feel good. Do you want to feel good? You probably do. All people want to feel good.

Why do you suppose feeling good is important? That's a big question that has a lot of good answers. There is more than one correct answer to this question because feeling good has many benefits.

When was the last time you felt really good? Was it when you went over to a friend's house? Was it when you went on a vacation? Was it when you were alone or with other people? Whatever makes you feel good is good because it makes you feel good.

Adults argue about what is important. Some people will tell you that it's not really all that important to feel good. Other people will tell you that it is very important. I will tell you that it is my belief that it is the most important thing in life. When you feel good it means that everything is good. When you feel good, you do your best work. When you feel good, it means you are healthy. When you feel good, you help your friends and everyone you meet. When you smile and you're feeling great, it tends to make other people smile back and feel good too. Then everyone is happy and getting along.

You Can Fly With Positive Thoughts

But feeling good also has another more important function. Feeling good will attract similar thoughts that also make you feel good. Feeling good also creates a positive energy that attracts and creates events that will make you feel good. Simply by feeling good you will manifest positive events.

Even though "mental health" is a clinical term, and sounds like something a doctor would say, I hope to have shown you that good mental health is just the practice of feeling good. Everyone wants to feel good. But to feel good requires repetition of positive thinking.

02

WHAT ARE AFFIRMATIONS & HOW DO I USE THEM?

Affirmations are like make-believe

If you want to feel good all the time, you can. But first, it is necessary to learn to think in affirmations. Affirmations are like a game of make-believe. They are short positive statements. If you say to yourself, "*I am going to have a good day today,*" that is an affirmation. Saying an affirmation is like pretending that something that may not be real is real; but when you do this, it becomes real. This is because what you think can change and create events.

You can create events with your thinking. If you think about something enough, you can cause it to happen. This happens with positive and negative thoughts. If you are really afraid of something and focus on it, you can cause it to happen. You have probably noticed this in your own life. Things you fear, sometimes show up even though you don't want them. That is why it is important to think positive thoughts. Affirmations can cause positive events to happen and they can stop your fearful thoughts from manifesting.

You Can Fly With Positive Thoughts

You can learn to use your thinking to create anything you want as long as it doesn't hurt others. But first, you need to practice thinking positive thoughts. This may sound like homework or a job assignment (if you are an adult), but it is different in an important way. This kind of effort creates an instant positive effect. You get a reward right away. The minute you say an affirmation, you feel better and you begin to draw what you want to you. You also begin to change your whole life for the better.

If you can say affirmations correctly, you can immediately become happier. You can cause yourself to feel great. You can end depression if you are upset. You can begin to create what you want in your life. This process does work when you do it right.

You are a superhero

When you visualize in your mind, you are creating future events. The process of visualizing is more effective if you repeat one or two affirmations over and over again and have strong positive feelings focused on the sensation of having what you are visualizing.

You Can Fly With Positive Thoughts

When you think in affirmations, you become like a superhero that can cause amazing things to happen. You will amaze people because you can create things people didn't believe was possible. All you need to do is learn to focus on what you want and make-believe that it is real. You don't have to do it all the time, because it mostly works best when you do it just once or twice a day when you feel really good. It's not hard to do because it's fun and it only takes a couple of minutes. If you think about what you want for more than 10 minutes, you sometimes will begin thinking it's not going to work. That's why it's better to just do it for a few minutes or maybe 5 or 10 minutes and then stop before you have other thoughts that may interfere.

The affirmations below are a sample of what I post daily on my websites. Read the affirmations as I said to, or pick the ones you like and say them over and over in your head. Believe that they are true while you are saying them. Do it for fun like you would play a game of make-believe. Make up your own affirmations and use them to achieve goals or to manifest whatever you want to create.

All things are possible today and every day

- Because I think beautiful thoughts, and because thoughts must manifest, I create beautiful events and a beautiful life.
- Everything is beautiful, including me.
- Because I am a spirit that thinks beautiful thoughts, I create a beautiful life.
- All my dreams are coming true.
- Everything I want is now mine.
- It is easy and effortless to create everything I want.
- Life is generous, and the universe and fate are good to me.

Nothing is more powerful than your thoughts

The most beautiful experiences in your life have happened because you created them. You are the sole creator of the events comprising your life. It is not possible for other people to hold you back. Your emotional reactions to people whom you think are restricting you create what you fear, not the people themselves. Other people cannot block your progress.

You Can Fly With Positive Thoughts

At some level we choose everything we experience. There is always a choice made and an attraction because of our thinking. The idea that something cannot be done is a delusion. Any goal can be achieved and made real, because nothing is impossible. Believe, think, feel, create.

03

*HOW TO
MANIFEST
ANYTHING YOU
WANT*

Visualization exercise

For this visualization exercise, picture in your mind what you want to have happen or what you want to manifest. Imagine it is happening to you now. Picture and feel it happening in your mind. It is better to close your eyes and do this when nobody will bother you. Spend a few minutes picturing what you want. You can also repeat an affirmation stating that it is happening while you are visualizing it. This makes it happen faster.

Try it with small things like new sneakers or clothes. Say, *"I now have the new sneakers I always wanted."* While you do that, create a mental image in your mind of the sneakers or items you want. Picture yourself putting your new sneakers on. Picture everything as clearly as you can. Try to imagine what socks you have on and see your hands as you unlace your sneakers and slide your feet in. Then picture yourself tying the laces. You can do whatever you want. You can imagine how great you feel as you picture yourself getting up and running outside in the sun. You can imagine you are showing your friends your new sneakers. If you want, see yourself telling them how you manifested your new sneakers by what you were thinking. Imagine whatever you want and whatever feels right.

You Can Fly With Positive Thoughts

After a few minutes visualizing, stop thinking about it completely and do something else. When you are thinking about something else, those thoughts you just had about your sneakers continue to exist as energy deep in your mind. In your subconscious a process begins.

When you are done visualizing, don't doubt the effectiveness of the exercise. Keep saying affirmations and stay positive all the time. Have fun and know that what you want is coming to you. Once your sneakers show up, then you can try something bigger like good grades or if you have a job, a raise.

That process creates everything that needs to happen to make it real. It works like magic. Visualize what you want once or twice a day. You can expect results within a month. It could happen sooner, later or not at all.

Once you master the small things, you can move on to manifesting bigger and better events and the things you want most in life. This stuff definitely works. Give it time, and don't give up. Even if it doesn't work the first time, keep trying.

You Can Fly With Positive Thoughts

Like anything you learn, it takes practice and repetition to learn how to do it right. Once you are good at doing this, you will be able to be happy and have whatever you want whenever you want it. This is why it is worth it to work on developing the skill of manifesting what you want by visualizing and using affirmations. The rewards will be great.

04

*YOU CAN GET
EVERYTHING
YOU NEED
INSIDE YOU*

You Can Fly With Positive Thoughts

Only you can make you feel happy. If you expect your mother, or a brother or sister to make you feel happy, what do you do if they are in a bad mood or not available?

And If someone else doesn't feel good, should you also not feel good? Or should you feel good even though they don't feel good?

I think you should try to feel good. But don't hurt their feelings. When someone doesn't feel good, you may want to tell them it's OK to feel that way. But for you, it is important to stay feeling good.

Why do you think that it is so important to feel good all the time?

Feeling good is like a measurement that tells you how good everything is. If you feel good, it tells you everything is good. If you don't feel good, if you feel bad, then that feeling tells you that something is wrong. Not feeling good is a warning signal that something is not quite right.

If not feeling good is a warning signal, what is it warning you about? How do you pinpoint what's wrong? Is the warning signal about other people or is it about you? If you don't feel good, does it mean something is wrong with you? Or does it mean something is wrong with someone around you? When you don't feel good, what does it mean?

You Can Fly With Positive Thoughts

When something is wrong around you, you can still feel good. Therefore, if you don't feel good, it means that something you are thinking is bringing you down. You may have reacted to something with a certain thought that made you feel bad. Therefore, not feeling good means there is something in your thinking that needs to be corrected.

You may have thought that not feeling good means that something around you is not good. While it is true that something around you may not be right, you still have a choice as to how you will react to it. If something is wrong around you, you do not have to automatically feel bad. When people have their feelings hurt or if people are depressed around you, it is better for you to remain positive. If you become depressed too, then you can't help them to become undepressed. Sad people can become happy people when you smile in a nice way. But if you become sad like they are, you are not going to make them feel good.

You Can Fly With Positive Thoughts

At any given time, a lot of people in the world are unhappy. Sometimes relatives are happy just to see you, but not always. You may have to cheer them up. You can make sure that they are okay just by being there with them. At times, all you have to do is smile, and you will make them happy. That may be all it takes to pull them out of their poor mood and be happy with you. Then you have helped someone by feeling good.

The way we help people in the world is by feeling good. Feeling good is an energy that we communicate through our facial expressions and in other ways too. Some people say that when they feel good, that the feeling is an invisible energy that goes directly from you to them. That is what I believe. I think that when you feel good, you create positive energy. Positive energy is good for everything. Positive energy is what fixes things that are broken, especially people who are emotionally broken or upset.

You Can Fly With Positive Thoughts

By feeling good you automatically create positive energy. That positive energy then helps to fix things and make other people feel good. That positive energy may even stay with you deep inside. It may even accumulate. When you charge a battery, the battery fills up with energy. You have something like a battery within you. When you feel positive, you charge that inner battery with positive energy. That energy is protection. When something difficult happens, you can draw on that energy to feel good, to stay positive and to make everything good. You don't want that positive energy inside of you to run out, or to get depleted.

When you have positive energy reserves, it means you have positive energy stored up inside of you. When you have positive energy stored up, you have everything you need inside of you. You can do your homework, do your chores or do whatever needs to be done with that energy, and you can smile doing it because you feel good.

You Can Fly With Positive Thoughts

I believe that there is more in you than energy. When you are creative, you may draw a picture, you may play a game or just have fun with your friends. Your ideas and your actions during those activities come from inside of you. If you want to write a poem or sing a song, the song and the poem comes from within you. It comes from your memories, or it comes from a deeper source of creativity within you. It may come directly from your spirit. When you are feeling good and have positive energy reserves, you create from the innermost portion of your spirit. You create what you need, and you are happy to help other people and you smile for them, and they smile back and then everyone feels good.

You have everything inside you that you need to feel good. Everything you need is inside. If other people are depressed or if your parents or someone you know is having a difficult time you don't have to have a difficult time too. You can draw all that you need from within you. You have energy reserves and positive ideas and thoughts and creativity that can all come bubbling up to make everyone feel good. But even if you don't make others feel good you can make you feel good. When you can't make other people feel good it is important that you feel good.

You Can Fly With Positive Thoughts

There will be times when you are happy and singing and skipping and having a good time and the people around you just won't be happy no matter what. At other times you may think that someone is going to make you happy and it won't happen. That person will be sad or their emotions will be hurt or depressed. This is the way life works. You can't rely on other people to make you happy; you have to be able to do it yourself.

Everything you need is inside you.

05

ONE OF THE BEST THINGS ABOUT LIFE ON EARTH IS BEING ABLE TO MAKE PEOPLE FEEL GOOD

You Can Fly With Positive Thoughts

Life on earth is not like a heaven where everything is always good. But that is okay because it gives you an opportunity to make other people feel better. And when you make other people feel better, you feel better. Life on earth gives you the opportunity to be important because you can make things better and you can make people happier.

If everything was perfect like in heaven, there would be nothing to improve. There would be no work to do and you would probably get bored. Think of everything that you must do as being an exciting challenge rather than as plain old boring work. People like to be challenged. I could challenge you to a good game of checkers or chess. Or I could challenge you to be a singer and songwriter. I could challenge you to do a somersault or a back flip. I could also challenge you to solve a problem or to get an important assignment done. Think of everything as a fun challenge and it will feel good. When something feels good, it means your thinking is right. As soon as you feel bad, it means you are thinking the wrong way about something. Some people say that life is about responsibility and the struggle to make money.

You Can Fly With Positive Thoughts

I don't believe that. I believe that we come here because we like to be challenged. When we are challenged we grow smarter and stronger and that is why we like to be challenged.

If we were in a heaven where everything was perfect, and we had nothing to improve, we wouldn't be challenged. That's why we come to earth and why we like earth experience. There are a lot of different beliefs about our spiritual nature and why we exist. I can't tell you what to believe. If you are young, and if I tell you something different than what your parents or school teacher believe, then they might get upset. But I can make suggestions. You have a right to hear other people's ideas and then to decide for yourself what you want to believe. Most people will agree that everyone has a right to be heard. People have a right to express their opinion as long as they do it in a nice or respectable way.

My opinion about life on earth is that for every moment you are here, it is because in every moment you are choosing to be here. It is a choice. The fact that you are alive and reading this right now means that your inner spirit is saying, "I want to be here right now."

You Can Fly With Positive Thoughts

When you understand that it is your choice to be here and to be challenged, then you are going to feel good. You are not going to think that other people are forcing you to do something you don't want to do. You are not going to think, *"This is a drag why do I have to do this?"*

If you realize that you want to be here on earth right now, and you accept the challenges life brings your way, then the next step is to feel good while realizing that feeling good manifests more events to feel good about.

When you think the right way, you feel good because your thoughts create your emotions, and your thoughts and emotions create your reality. Try it out right now. Think of the best thing you can think of. Maybe it is a memory or maybe it is what you are going to do after school, or after work. When you think about something that you like, you feel good.

When you feel good you will notice that you start creating positive events.

You Can Fly With Positive Thoughts

Feeling good is a measurement like the measurement of temperature on a thermometer. Feeling good is a measurement of everything being right in your thinking. When you are feeling good, you don't have to check your thinking. But if you suddenly feel a bad emotion and become upset, then take a look at what you are thinking or what you thought a moment ago that made you upset. A negative emotion is meant to tell you that something is wrong in your thinking. Negative emotions tell us that we are taking something the wrong way or thinking about something the wrong way.

Your beliefs, thoughts and emotions create your reality. If you think something is going to upset you, then it will. By being upset, you reinforce the belief that the event you dislike makes you feel bad. What you should do is change the belief. If you are not bothered by something, then you can feel good when it happens. Feeling good will then bring you out of the kind of situations that can make you feel poorly and will create new situations that make you feel good.

Feeling good creates positive events that make you feel good.

You Can Fly With Positive Thoughts

Think about problems you may experience as exciting challenges that you choose and that you like, and then you will feel good. When you feel good, you store up positive energy reserves like a battery. When that happens, you are safe. You are protected. Something negative could happen or someone could hurt you intentionally or accidentally, and if you have positive energy reserves, you will just brush it off. I call that, "Not taking things personally." *Not taking things personally* just means that sometimes things that are not what we want happen in life and we don't want to let them upset us and ruin our good time. Someone is not attacking us personally, its just how life is.

If something unwanted happens, you don't have to choose to be upset by it. If you have a positive energy reserve from positive thinking, you can tap into that energy.

You can then use that energy to stay positive and to do something positive and constructive. Maybe a smile will help someone. Maybe a good idea will help someone. If you are negative, you won't have that smile or good idea. But if you are positive, you can help people.

You Can Fly With Positive Thoughts

You can't know all your thoughts because you have so many thoughts there are too many to even count. But you do always know how you feel. Pay attention to your feelings. If you suddenly don't feel so good, try changing your thinking to see if you can change how you feel. You can also change behavior. You might want to sing a song to make yourself feel happy. You might want to play a game or do something that makes you feel good. At other times all you need to do is think about the happy time you are going to have on the weekend, or with someone that is important to you that you love. Thinking about the good time you are going to have is going to make you feel good. When you feel negative emotions come on you want to know how to bring up positive thoughts so that you will feel good again.

If things get rough, maybe you want to think of yourself as being your favorite superhero. You are a great spirit that can respond to any emergency in the blink of an eye with a positive thought or feeling.

06

*I AM A GREAT
SPIRIT, AND SO
IS EVERYONE
ELSE*

You Can Fly With Positive Thoughts

Who is your favorite hero? Or who is your favorite superhero? Do you want to be like them? You probably do. My worldview says you already are a superhero. I would say you are a great spirit. You may want to say it in a different way, but saying you are great is going to make you feel good about yourself. Feeling good starts with your thinking.

Anything great that you create in life starts with your thinking. If you want to create something great, begin with your imagination. Young children play make believe because they are learning manifesting skills. When we get older, we look to the people we like who are friends or family members and we try to emulate them. To emulate is to make an effort to be like they are. When you have a favorite person, hero or superhero, you may want to emulate them. That begins by imagining you are like them and you are great, or you are a superhero. Like I said, I believe you already are. There is a reason why I believe this. I will tell you why in this book.

You Can Fly With Positive Thoughts

You have parents and you have teachers and they all have different beliefs about things. Some people will say that they don't like it when people think they are great. They may call that being egotistical. Egotistical means that we are thinking all about ourselves and not others. My belief is that it is OK to think you are great as long as you think other people are great too. What do you think?

When we are children and when we are very young, we tend to believe what our parents believe. When we become teenagers, we usually begin questioning some of our parent's beliefs. We become more independent, and we form our own belief system. We take the ideas and beliefs of our parents, and we organize them to create our own belief system or worldview. Beliefs are just strong ideas that have a lot of conviction behind them.

You Can Fly With Positive Thoughts

Our ability to form a healthy belief system that makes us feel good about ourselves depends on our ability to think for ourselves. Most agree with this. When I write this book, I don't tell you what to believe. Instead, I offer you ideas that you can accept or reject depending on what you want to believe. You may instead want to believe what your parents or teachers are saying. Or, they may believe what I am saying. My belief is that it is very important to think highly of yourself. But this does not mean that you should put other people down or measure people as not being as good as you because you are great and they aren't. Instead, I and I'm saying that it's OK to think you are great as long as you see other people as being great in their own ways. Everyone is unique, and so everyone has a different greatness within them.

We are all great and we are all superheroes. We are all divine love. We are little Gods.

You Can Fly With Positive Thoughts

When you focus on what is good about you, it makes you feel good. But if a bully tells you that there is something wrong with you, then you don't feel so good about yourself. The difference between believing something good or bad about yourself is obvious by how you feel. When you believe negative things about yourself, you don't feel good. This is especially true when other people are saying negative things about you. But when you believe good things about yourself, you feel good. This is why I say it is not egotistical that think you are great. There is nothing wrong with thinking of yourself as being a great person or a great spiritual being because you are.

What do you think?

Everyone has different thoughts and different beliefs about things. Adults will often argue about philosophical beliefs. Philosophical beliefs are beliefs about reality and human nature.

People often have strong feelings about their philosophical beliefs. It is important to honor what other people believe but also to listen to everyone so that we can choose the best beliefs for ourselves when we form our own belief system as we grow into adults.

You Can Fly With Positive Thoughts

A philosophical belief system may say that you are *a spirit in a physical body*. Another person's philosophical beliefs could be in science and they may not believe that they have a spirit (that does not require a physical body to exist).

These different philosophical beliefs have a strong bearing on whether or not you will be happy as an adult. It is important to learn to think on your own so that you can make good evaluations about what you want to believe.

Choices about what you want to believe and think affect how you feel. Beliefs that are negative like the bullies views about you, do not make you feel good. They may make you sad or make you want to sulk. But if you feel like a superhero and think you are a powerful spiritual being, you are going to have a whole different set of feelings. The kind of feelings you have when you feel good about yourself inspire you to action.

You Can Fly With Positive Thoughts

When you feel like you are bigger than life and super intelligent, then you feel like you can take on the world. A homework assignment becomes easy, whereas a person who does not think highly about themselves may be daunted by an assignment and think that it is too difficult for them.

The adults that teach you what to believe have been influenced by the beliefs of their parents. People do make mistakes. It doesn't mean that they are bad people because everyone does the best they can do. If there are sad people or if you have unhappy or depressed friends, it may be that there is a mistake being made in how they think or what they believe. When a lot of people believe something negative, it will make them all feel poorly. If a lot of people are depressed and are having a very hard time, then it is a good idea to question what they believe.

What kind of beliefs do you think would make people feel bad about themselves?

You Can Fly With Positive Thoughts

You know how a bully would make someone feel. So, imagine that instead of a bully, it's a belief system that's making people feel poorly. How can a belief system be like a bully? If a bully says to a child you're nothing but a dumb little twerp, it's like the belief that says, "You'll never amount to anything," that comes from a parent or an adult that doesn't have good beliefs.

Sometimes people will be quiet about their beliefs, but beliefs will still transfer from adults to children. This happens when you agree with the adult's belief. When this happens it means that you "internalize" a belief. You make it yours. It is important to think for yourself and learn how to evaluate the beliefs you get from other people, regardless of who those people are. It is important to listen to your parents and to your teachers, but it is also important to think for yourself and to evaluate beliefs.

You Can Fly With Positive Thoughts

We are in changing times. People are having arguments and disputes about philosophical beliefs. Some people believe in science and others believe in religion. And now there are new ideas that are different from the old ideas. There are new spiritual beliefs that are different from the old spiritual beliefs and the old religion. All of this can get a little bit complex, but when you get older it is very important that you are able to think for yourself and form an accurate and healthy belief system so that you will be happy in life.

When I look around me at the world, I see a lot of unhappy people. When I was younger I discovered an exciting new way of thinking about reality. What I learned was that all people are great spirits. You are a superhero, although not necessarily the kind of superhero that may come to mind when you think about what a superhero is. I believe that you are a great spirit with unlimited potential and abilities. And one reason why I think that, is because I have my own belief system in which I interpret reality in a more positive way than most people have in previous generations.

You Can Fly With Positive Thoughts

If you have scientific beliefs, you may be aware of the amazing nature of the human body, nature and life. If you are a child, you may notice different things than if you are adult, but there are a lot of things about life that are amazing. For one thing, the earth is a blue ball that is spinning like a top while flying through space. You may be on the "bottom" half of the earth and still feel like you're standing upright.

If you learn to pay attention to what is amazing and what is positive, you will begin to build a belief system that takes all of this into account. When you are looking at yourself as being an amazing or great being, you are going to notice positive qualities about yourself that you might not notice when you accept the beliefs of the bully who said that you are just a little twerp.

If you begin to look at all that is amazing in life, and learn to appreciate everything, you will create a positive belief system that will help you to live a good life. If you appreciate the many things in your life you will feel good, but if you like the bully who devalues things and does not hold other people and life in high regard, then as you grow up and form your own belief system, you are likely not to feel so good about life.

You Can Fly With Positive Thoughts

What I discovered as a youngster that I liked best, was that I could exert some control over events and I could control how I felt about life through the power that was in my thoughts. If you do not believe that you have control over the situations in your life you are apt to not feel so good. But if you feel that you are in control of most things in your life, then it is super cool, and you will tend to feel better about things in general.

What I discovered when I was young was that people have far more control over events than they think they do. This was what was exciting and made me feel good. I discovered my life could be really, really good because I could make it go that way. I knew that I had control over it by how I thought and by how I reacted to events and people. Maybe now, you will become more excited about life. It's hard to be depressed when you realize that you have control over everything.

You Can Fly With Positive Thoughts

You are a great spirit that has superhero-like powers that I am going to keep revealing to you in this book. It's OK to look at yourself as being a superhero as long as you don't think that you are superior to others. Other people have amazing abilities too. If everyone became aware of their abilities and the power they have over reality, they would feel much more in control and less depressed. It is only when people feel that they are trapped in a negative situation that they have no control over that they become depressed.

Are you ready to be great? Are you ready to be a superhero? I hope so. If you watch the Harry Potter movies, you will have learned that Harry Potter was an ordinary boy that discovered he was actually a great wizard. Depending on what part of the world you live in, what philosophical beliefs your family has, and what you watch on TV, you may have similar stories if you haven't seen the Harry Potter movie. The truth is, you already are great. Like Harry Potter found out, you just need to discover what you already are.

You Can Fly With Positive Thoughts

Have you watched any movies or listened to stories in which an ordinary boy or girl discovers that they are in possession of fantastic abilities and powers? If you are having a hard time in life or are depressed, or just bored, put all of that on hold for a moment and reconsider what you believe about yourself and life. Think about what kind of superhero-like abilities you may have that you may not be aware of right now.

07

THE LAW OF ATTRACTION

When you know and apply the secret properly, you can have anything you want no matter what it is or how big it is. The secret has always been known, but recently in history it has been largely ignored and most people don't know about it or just how important it is. Prior to the industrial revolution it was better known.

When the movie, "The Secret," came out, I had already been aware of and applying the secret for over two decades. I already understood all the principles mentioned in the movie and more. I was a forerunner and was learning how to apply the principles first hand in real life situations.

Everything in our universe is governed by laws. It doesn't matter who you are, the law of attraction applies to you and every thought you have. When a good person falls off the roof of a house, he is subject to the same law of gravity as a bully. It is the same with the law of attraction. It will work the same way for good intentions as it will for harmful intentions.

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The secret according to the movie, is "the law of attraction." However, you don't just attract what you want when you use the secret, you also CREATE it. You create your reality. You can attract what you want, but if you do not believe that it is possible to have what you want, you may not be able to create it.

The law of attraction is working in every moment whether you believe it is or not. Every thought and emotion you have puts out a wave of energy that attracts similar energies in the same way a magnet does. This is why we say things like "The rich get richer," and "the poor get poorer." If you are unaware of the secret, it is still operating every time you have a thought. It is a natural law.

You can use the secret to attract and manifest love, money, success and personal goals when you learn to focus on what you want. However, that focus must be positive. You must think about what you want in a positive state of mind. Dwelling in the feeling of the wish fulfilled is the best way to attract whatever it is you are wishing for. Picture what you want in your imagination and create the feeling that you already have it. You must also believe that you can create and have what you want.

You Can Fly With Positive Thoughts

People sometimes think that the secret means there is one more thing they must do, but the law of attraction is not a burden in this way. You do not have to monitor every thought. If you pay attention to your feelings, they will tip you off as to what you are attracting. If you feel good, you are attracting positively. If you feel bad, you are attracting negatively.

Your job is to feel good and to decide what you want in life. That is hardly a burden. However, it can be if you are accustomed to complaining and judging life and people negatively. Once you get past those habits, life will be joyful attainment of all that you have decided you want and are going to have.

You can be, do or have anything you want when you understand that your beliefs, thoughts and emotions create your life.

The universe is your order catalog

As mentioned in the movie, one of the first requirements is to determine exactly what you want in life. This can be a very enjoyable process if you think of the universe as being one big catalog from which you can order anything that exists.

You Can Fly With Positive Thoughts

What are you going to order? In the simplest of terms, you must ask for what you want. Then you must resonate with the feeling of having whatever it is you want to attract. Focus on the feeling of the wish-fulfilled and affirm and believe you have it. Then be willing to receive.

It is necessary to accept the result. Do not think that it is impossible or beyond what you deserve or is not possible according to beliefs you may hold about life, friends and your relationship to people and reality.

Everyone has beliefs that conflict. A belief is just a thought that has a lot of conviction and emotion behind it.

Affirmations and visualization can be used to help you focus on what you want and to change mental habits and beliefs. Your beliefs are always changing. You may believe that you can do anything on a good day, but believe you are a failure when you feel bad. If you have any ineffective thinking habits, attitudes or beliefs, affirmations can be used to change whatever it is you need to change. You can find affirmations you like on my websites and you can use the affirmations there for ideas to create your own affirmations. An example of an affirmation is, *"I can do anything, I am a beautiful and deserving person."*

You Can Fly With Positive Thoughts

I have four daily affirmations and guidance posts to help you do this and all my books contain affirmations. My audio book provides guided meditation to help you achieve your goals. You can imagine and affirm your goal while you listen. Listening to this book is one of the most powerful ways to train yourself to think positively, to focus on the secret, and to manifest what you want in life.

Success using the law of attraction is not a given. Changing mental habits is not always easy. Mistakes applying it are often made. Use affirmations, continue to learn, and make an effort to weed out whatever beliefs you may have that could interfere with the process of manifesting your goals in life.

Any time you doubt yourself, that's a negative belief. Some doubts are okay, but a focus on limiting ideas can interfere with your ability to manifest your goals.

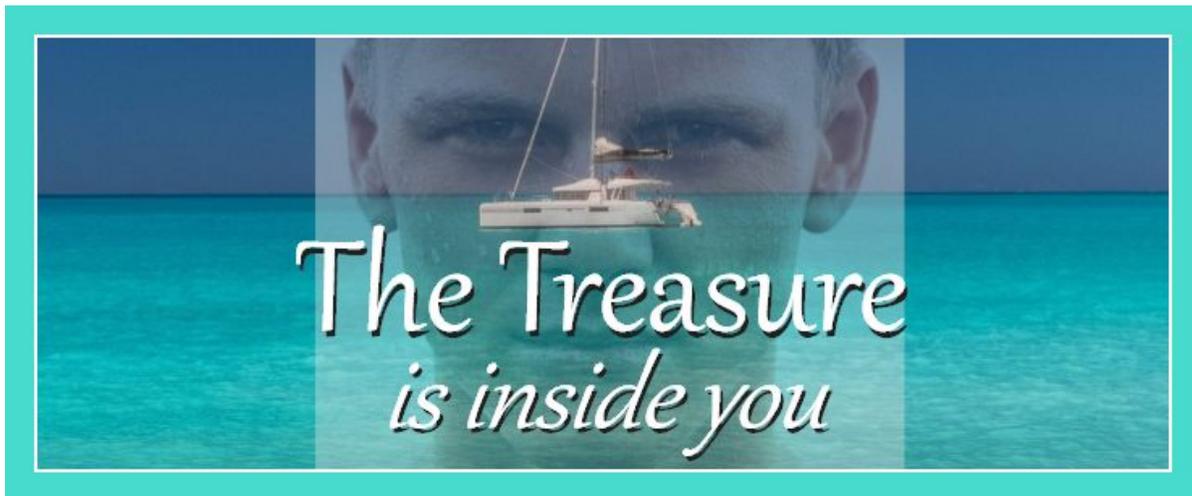
If you apply the secret properly, within a month you should begin seeing significant results. The principle is inherently simple, but it is difficult for some people to apply because traditional methods of achieving goals often conflict with the process you are learning.

You Can Fly With Positive Thoughts

You may be very young now or you may be an adult. When we are young, most of us are not taught that our thoughts are as important as they are, and so most of us do not pay as much attention to them as we should.

When we realize that our thoughts create our reality, then our thoughts become very important to us. We then immediately begin to think more positively. We begin using affirmations to change established patterns of thought that do not serve us.

Daily affirmations and continued learning are the best way to change thinking habits.



You Can Fly With Positive Thoughts

One of the first things we must realize when applying the power of thought is that there is a delay. The delay is protective. If what you thought about manifested instantly, you would be in trouble. Fear is an intense emotion that can manifest quickly, regardless, yet you do have protection from a full-blown immediate materialization of the emotion of fear while you are in the physical system.

In our physical universe we are protected. We come here to learn to direct energy responsibly. If we are unaware that our beliefs, thoughts and emotions create our life then we are unable to learn this lesson.

If a bully or someone degrading you yells your name, the fear you may feel is not going to immediately create even worse events than what you may already be experiencing. Just use affirmations and ask the universe for what you want. You can ask for confidence, people that like you or anything at all. By using this process you can replace anything you do not want with whatever you want.

You have a magic genie

You Can Fly With Positive Thoughts

If a magic genie appeared from a magic lamp to grant you unlimited wishes, what would you ask for? If the universe was your catalog, what would you order? This sounds like fantasy, but it's not. When you understand the law of attraction and learn it well your life can become one big dream-come-true.

The reason for all our problems is simple: We are using the wrong approach that doesn't work. You can achieve any goal and solve any problem easily if you use the right methods. The right methods are conveyed in this book.

Your beliefs, thoughts and emotions tell the universe what you want

The secret should not be a secret because it is meant to be known. We can learn how to direct energy by controlling our beliefs, thoughts and emotions.

We create our reality this way. This is how we ask for what we want. Our beliefs, thoughts and emotions tell the universe what we want to create/have/be. The way the universe and consciousness are designed is such that we attract and manifest what we think about most.

You Can Fly With Positive Thoughts

Every thought is somewhere manifest, but in physical reality we are restricted to experiencing one probability or event at a time. We select what we want to create through our thought process.

If we believe in Darwinism, competition, illness and a host of other theories that are popular in our culture, these attract and manifest as our reality and soon we cannot see it any other way. Thus, we need to change our thinking if we believe in these limiting concepts. We must adopt the new principles and ideas as our worldview. First, we must get rid of our previous worldview. We cannot hold two worldviews at the same time or we will stalemate ourselves and we will make no progress in life.

We therefore need to begin a process of clearing out the old destructive thinking while bringing in the new and beneficial thinking.

The best way to begin doing that is through the practice of repeating affirmations and through guided meditation.

You Can Fly With Positive Thoughts

Energy cannot be destroyed. This means that thoughts continue to exist after you think them, falling down through levels of consciousness, forming dream-like structures as they proceed to deeper levels of your mind. At the deepest level they form probabilities. Probabilities are imaginary/energy events like dreams that could become physical if we believe, think and feel them into existence.

Probabilities exist in the infinite field. This is where all the events you could create already exist for you to pick the ones you want to make real.

If you give enough emotion to what you want, and focus on it, eventually it will become a physical reality.

After you think them, your thoughts continue to exist and attract on inner levels as they do on outer levels. Thoughts and things each have their own tone and vibration. Your thoughts attract similar thoughts with the same vibration or frequency. Emotional association means that similar emotions attract. This means that positive thoughts create and attract more positive thoughts and they bring up memories and feelings that are similar. When you are feeling good, you are likely to remember good times. These positive thoughts and emotions collect in your subconscious mind.

You Can Fly With Positive Thoughts

If you think additional thoughts on something you wish to manifest, those thoughts modify the original positive thought. The universe is an emotional expression of energy. It is the emotional content that largely determines intensity and the likelihood that what you are thinking about will come true. In the time between when you started thinking about it and when it becomes real, you have many thoughts on the subject. It is in this time period that it is advantageous to fill your mind with feelings that match what you want. Imagine your life as it would be if you had your perfect life. Live in the feelings and spirit of what you are going for. Live in the feeling-state of the wish fulfilled.

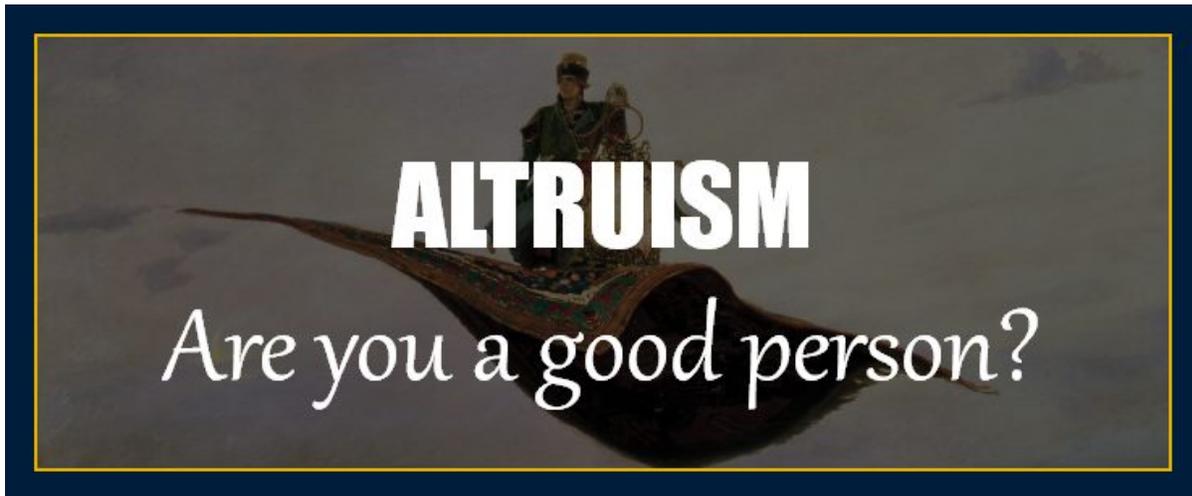
The problem that most people run into when applying positive thinking is that doubts and negative thoughts kick in at a certain point. They begin doubting themselves. They may start thinking *"This is not going to work."* For the secret to work best, reduce negative thoughts and doubts. Coherency is when all your thoughts, beliefs and emotions are in alignment. A person who has every thought focused on what they want with positive feelings is going to have what they want. It may take a little while or a long time, but they will create what they want in their life.

You Can Fly With Positive Thoughts

It helps a lot to believe that you are pure potential and goodness. No matter what you may have done, you are good because that is your nature. You can't not be good.



If you have doubts that you may not be all that good, you should be learning otherwise. Let go of what bullies tell you or what people who don't like you say.

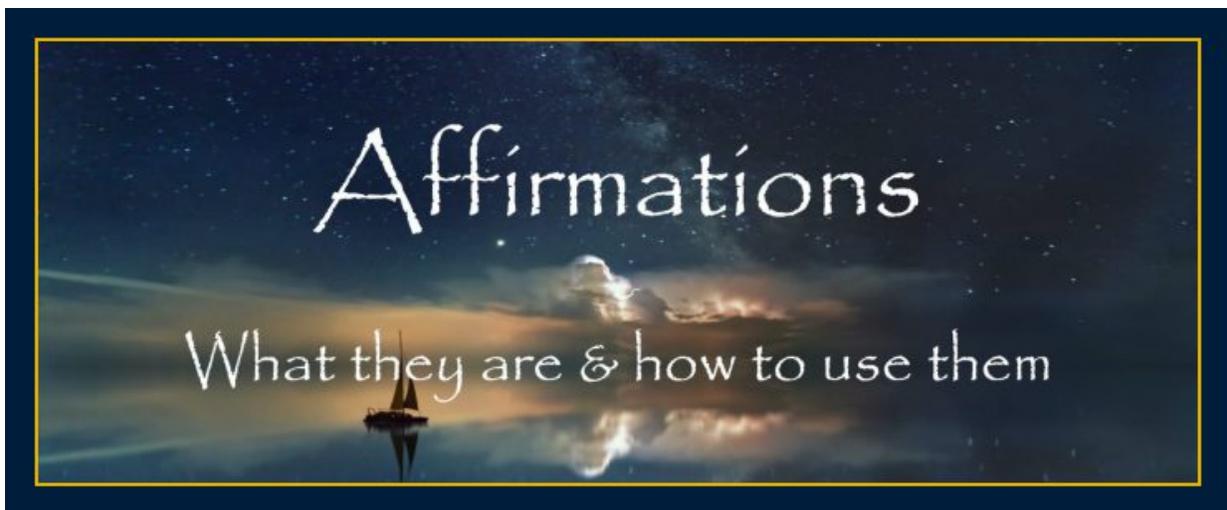


[A ThoughtsFormMatter.com website article.](https://www.ThoughtsFormMatter.com)

Most people do not trust human nature and this is often why people punish other people. This distrust is a result of widely accepted worldviews that are very unfortunate. The definition of a cult is control via degradation. If you are told you are basically unworthy, it suggests that you cannot trust yourself and must rely on the ideas and opinions of other people.

You Can Fly With Positive Thoughts

Most of us were not taught that our thoughts and emotions are powerful and so we did not create the best thinking habits. Doubts, insecurities, and confusion will manifest problems in life and can prevent us from having what we want and being happy. We think that the physical world controls us when in fact our thoughts control the physical world. So, what do we do? We must begin changing our thinking. That is best done through affirmations reinforcing confidence in yourself and your ability to deal with any situation effectively.



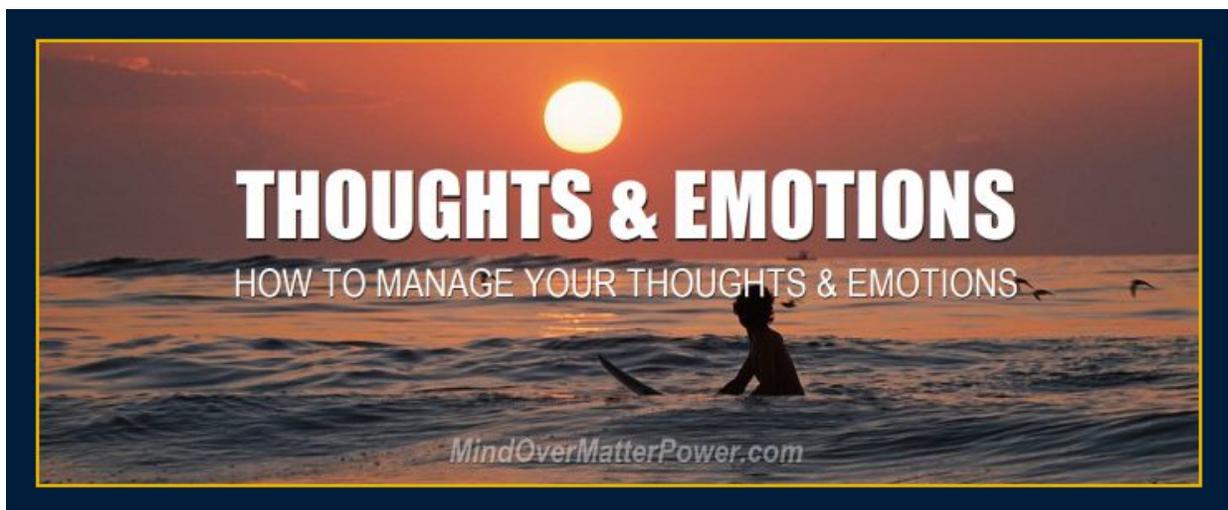
[A MindFormsMatter.com website article.](#)

Affirmations are positive statements. Affirmations are tools to achieve anything and can be used to change your thinking from the negative to the positive. This is why I offer you a daily affirmation and guidance post.

You Can Fly With Positive Thoughts

If you visit this post when you are in a poor mood or feel yourself slipping, you can change your whole mood and day. If you want to apply the secret power of thought to transform your entire life, learn to think positive as often as possible. Clear out your doubts and limited thinking.

Good beliefs, thoughts and emotions are the tools you can use to create what you want no matter what it is you want.



Think of yourself in the best way possible. *You are full of light and sunshine inside.* You are powerful and beautiful beyond description. You are meant to have what you want in life, and it is good to have what makes you feel good about yourself.



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"Everything we call real is made of things that cannot be regarded as real. If quantum mechanics hasn't profoundly shocked you yet, you don't understand it well enough."

— Neils Bohr, Nobel Prize winner father of quantum mechanics.



[Click on image to learn more.](#)

Advanced stuff

International Philosophy is human application of what Internal Science designates as being true. International Philosophy deals with any subject psychology covers. If you want to know how to be happy, find love, live longer, stay healthy, manifest success, etc., you need International Philosophy based on the Internal Science paradigm rather than the mainstream contemporary psychology based on the mythical external science paradigm.

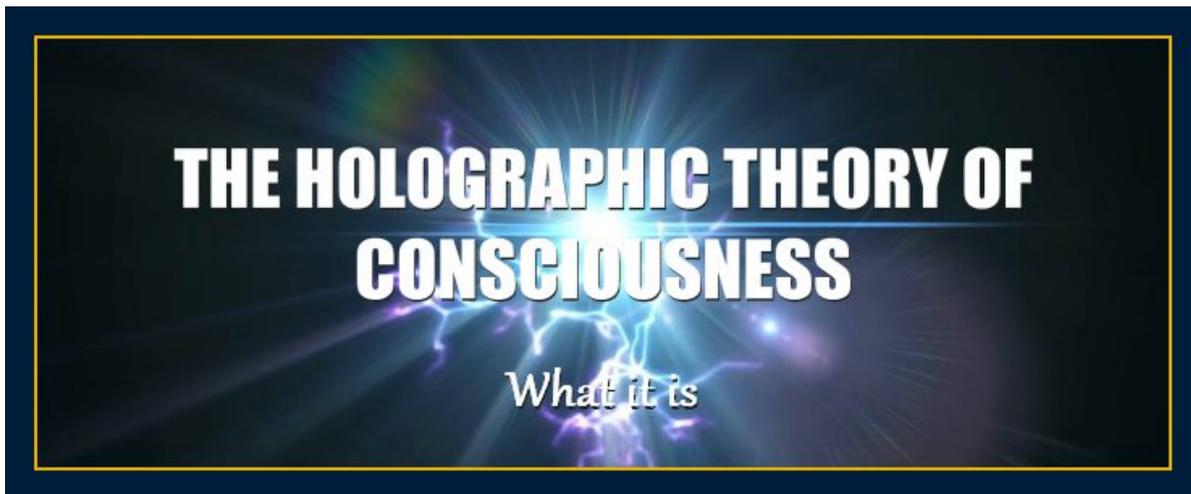
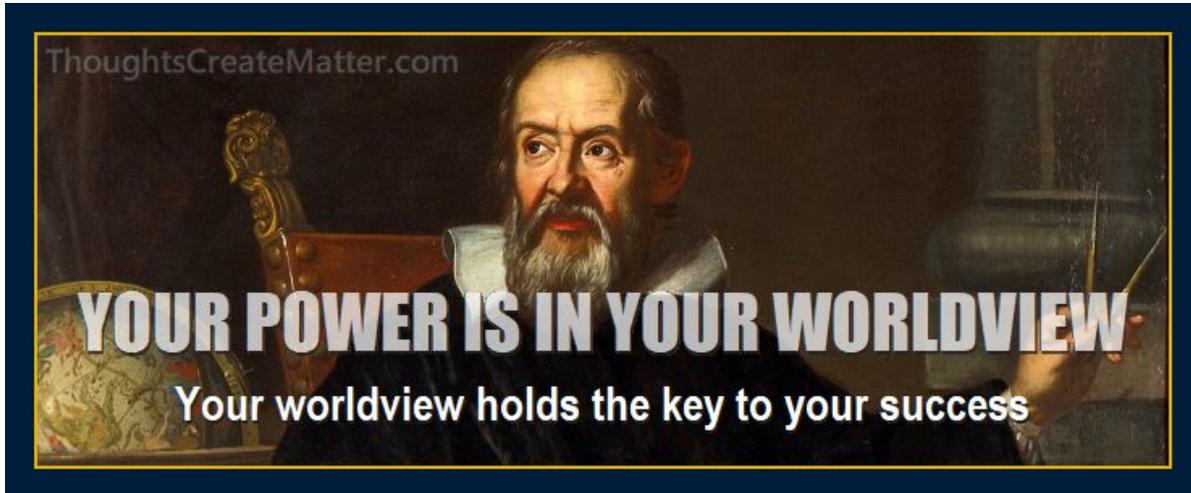
International Philosophy says you are good and can be trusted

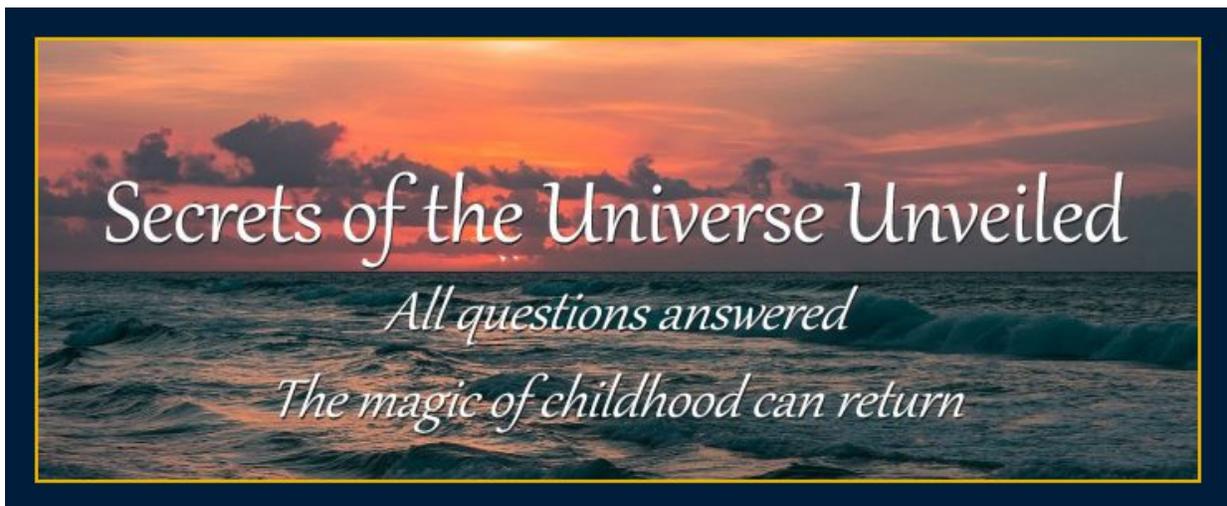
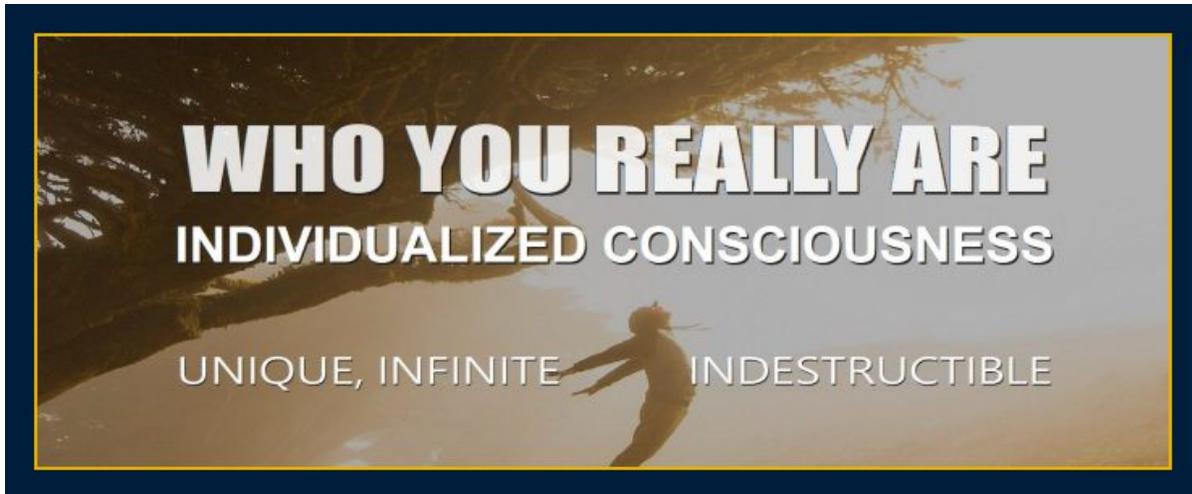
You Can Fly With Positive Thoughts

One view says you cannot be trusted; the other says you can. Both are right because whatever you believe, you create. However, the *intrinsic truth* is that you **can** be trusted. This is the reality underlying the reality we know. Consciousness is inherently trustworthy and good. When we are lost and have faulty beliefs then we make poor choices, but this in no way suggests that what you are is not good.

One view — Internal Science (our term) also called the holographic theory of consciousness — is largely derived from Einstein's friend, David Bohm, and the other is mainstream physicalism. The two conflict, and all contemporary sciences and contemporary mainstream psychology are based on physicalism.

If the scientific establishment doesn't accept the worldview that consciousness creates reality, then there is a need for people to do so on their own. It is the only way we will solve world problems, advance ourselves personally and succeed as a civilization. Internal Science and International Philosophy are a solution.





How saying affirmations can help you

You Can Fly With Positive Thoughts

By taking a few seconds to read through affirmations, instantaneous connections are made to your best memories and most powerful experiences on a subconscious level. This allows for positive energy and ideas to enter your consciousness and find a way to change your state of mind, increase your enthusiasm, and change your circumstances for the better.

Just reading lists of affirmations daily can make a huge difference in your life, keeping you positive, strong, on-track to your goals, balanced and consistent. Most importantly, positive thoughts — focused on in specific ways — will manifest desirable changes in your life. I am providing you with a path to success like nothing you have ever experienced before.

Your life is a projection of the life-force within inner levels of your being that you can reach with certain affirmations. This is living energy that does your will. This is not a frivolous activity, rather, it is the most logical and direct path to eliminating blocks and achieving your goals. In the same way that good food helps your body, these affirmations give you life-force substance that begins building events in the direction you choose. It's how you control and direct your life, and in this case for the better.

You Can Fly With Positive Thoughts

If you follow my advice and apply these processes correctly, you will be happy and will not be depressed, and if you want, you will be able to transform your life like magic.

08

*YOU CAN FLY
WITH POSITIVE
THINKING*

All things are possible today and every day

- *Life is easy and fun, and I create what I want effortlessly.*
- *I naturally and effortlessly focus on what I want at all times.*
- *It's so easy to have positive emotions, that I can't help but have them.*
- *Life is easy and I am successful because I have so many positive emotions at all times.*
- *Good things are happening.*
- *I am having a great day.*
- *Everything is going my way.*
- *Every day I am getting better and better.*
- *Every day I am enjoying life more.*
- *My life is a symphony of success.*
- *All my dreams have been created.*
- *Today I am manifesting everything I want.*
- *I am a worthy, deserving person.*
- *I deserve all the good things that life offers me.*

Daily Affirmation and guidance pages

With four affirmation pages you can find the precise affirmation(s) and insight(s) you need to make the day go your way.

- ThoughtsCreateMatter.com [daily affirmations](#).
- MindFormsMatter.com [daily affirmations](#).
- MindOverMatterPower.com [daily affirmations](#).
- ThoughtsFormMatter.com [daily affirmations](#).

How to use the affirmations above that change daily

You can read through all the affirmations above, stop on the one you like the most and repeat it to yourself until you feel it has worked.

Suggest that the mood or benefit associated with that best affirmation will stay with you on some level for the remainder of the day. Then go about your business in the ways you would normally do.

It also can help tremendously to feel the energy and power of the universe flowing down through you in a multifaceted spiral of colors while affirming the sheer power and ability of thought to deliver. Continue educating yourself so that you are always aware of **the power and magical ability of thought** and why these principles do work.

Visualize something important that you want every day

It is important to pick a goal that is not too difficult to reach and visualize having achieved it. Do this every day for at least a few minutes to about 10 minutes. During this time, focus on what you want only, and create the feeling within you of already being there.

This visualization exercise works well with simple goals like having a cup of coffee, getting a \$100 check in the mail, a new car or a \$100 bills.

Follow your intuition and do the visualization when it feels right. It's best to do it every day for a period of about 2 weeks and then to stop for a week or two. Then start again and repeat the process off and on over a period of two or three months. Then switch to another goal and do the same thing again with that goal.

What can I do today to make this a really good day — the best day possible?

- *Every day is a great opportunity.*
- *The possibilities today are endless and my power to determine events is invincible.*
- *I can have anything I want by knowing that I can.*
- *Good things are happening.*
- *All negative suggestions are removed from my mind.*
- *My conscious and subconscious mind are cleansed of all negative suggestions.*
- *I am effortlessly positive and in control of my mind at all times.*
- *All negativity and negative suggestions are removed from my mind. The result is immediate inner peace of mind.*
- *I am receiving advanced inner support and guidance in all areas at all times.*
- *My inner support and guidance comes from the most dependable and highest inner intelligence.*
- *My mental energy is forming into constructive events.*
- *My best dreams are coming true today and every day that follows.*

I have protection from negative influences and suggestion.

You Can Fly With Positive Thoughts

- *I will only react to positive suggestion.*
- *I am immune to all negative suggestion.*
- *Only my positive thoughts manifest in my life.*
- *I am protected.*
- *I am safe and no harm can befall me.*
- *I am a good person, and good things are happening to me.*
- *Every day is a great opportunity.*

The nature of affirmations

- Affirmations are mental suggestion, and suggestion forms your life.
- Affirmations are positive psychic energy that forms who you are.
- The energy you generate with a positive affirmation becomes a part of your personality, attitude and character.
- Your environment is literally and expression of who you are.

Ordinary thoughts that trigger powerful associations

What do you want most?

What does your ideal life look like?

What does the ideal day and night look like?

You Can Fly With Positive Thoughts

What are your best emotions?

What are your best imaginings?

What images or scenes are the most beautiful?

What inspires you the most?

What thoughts or memories make you feel strong?

What was your favorite vacation, trip or adventure?

What was your best day ever?

What was your best evening or night ever?

What was your best morning ever?

What is your best thought?

What is your best memory?

You Can Fly With Positive Thoughts

What would you like your life to be at its best?

What would you like the world to be like?

Who is your favorite person?

What are the traits or characteristics you like most in a person?

What kind of politician would you like to have in power?

What is your favorite place.

What are those fantasies and dreams you've never dared whisper?

You can breathe life into those forgotten childhood dreams and reactivate the magic of your being.

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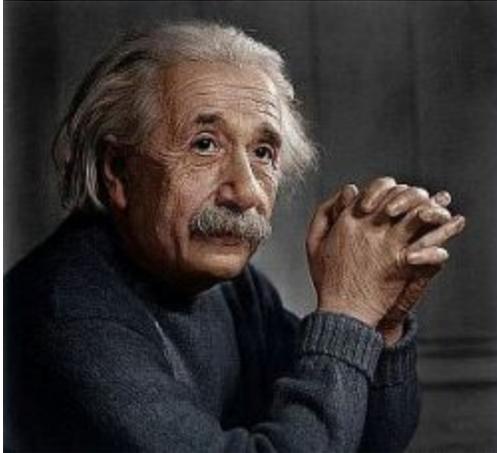
I ask these questions because your ORDINARY CONSCIOUS thoughts have great power. Ordinary mind chatter and assumptions create the events you experience. Pay attention to your thoughts because they are creating tomorrow's events. Thoughts reinforced by conviction are beliefs. Your beliefs create your reality and your thoughts and emotions. Your conscious beliefs form your experience. This does not mean you must always police your thoughts. It is *fear* of negative thoughts that causes problems more so than the negative thoughts themselves.

You can read through all the affirmations above, stop on the one you like the most and repeat it to yourself until you feel it has worked. Suggest that the mood or benefit associated with that best affirmation will stay with you on some level for the remainder of the day. Then go about your business in the ways you would normally do.

Create anything you want LIKE MAGIC

Click on our affirmation page once or twice a day, or as time allows when it is convenient for you to do so. It is the best habit you can possibly develop if you want your life to work.

Why does Albert Einstein say this?



"The most important decision we make is whether we believe we live in a friendly or hostile universe.

— Albert Einstein

It's because our beliefs create our reality

And affirmations can change beliefs, thoughts and emotions.



*"You are beautiful and the universe is kind. Do not let anyone **ever** say otherwise. If you believe and affirm this, everything in your life will work.*

Seven points to create effectively

1. Follow your bliss.
2. Focus on the end result you are after.
3. Understand reality and apply conscious creation principles correctly.
4. Do not let things happen to you, go out and make things happen.
5. Make whatever you want, something you have to do.
6. Be determined, persistent and do not stop.
7. Apply co-creation principles (work with your inner self).

When you learn to control your thoughts and keep them focused in a particular positive way, you take a giant leap in your life. Most people cannot do this and never learn how to create beautiful events in life.

"Infinite wisdom is within your own consciousness and is trying to get your attention."

— William Eastwood.

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The daily affirmation page teaches you how to create the events you want with your thoughts. If you read the affirmations on the affirmation page first thing when you wake up, you will change what happens on that day. If you continue every morning, you will change your whole life. But if you don't go to this page, don't follow your intuition, or don't apply the principles, nothing will happen.

Hello gorgeous



You are a beautiful person

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The human being is a divine soft technology of intelligent light. You must own up to that. *Righteousness* is the condition of being true to who you really are.

You have incredible power as a facet of the infinite God force. It is a disservice to everyone to disown that power and greatness. Don't spend your life *trying* to be good, but instead realize that you already are good.

Morning suggestion (the same every day)

You may at any time close your eyes, look deep within and acquire the feeling of the magic of the universe and your being, and then bring that feeling into the moment, becoming wide awake to the miracle of your existence and the depth of that magical feeling now.

This can be a wonderful day. It is full of opportunities you can realize to your great benefit, fulfillment and joy in life. You are satisfied with your life and you are loving this day and your experience with it.

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Do everything you can physically to feel good. Know your private triggers that open your storehouse of energy and bring good feelings into your body and present experience with life. If it is a good breakfast, coffee, inspiring music, or thoughts or images of a particular nature, indulge in your favorite, most powerful inspiration, activity or ritual.

Make sure you get the basics right. Eat healthy food, maintain balance and get plenty of sleep. Attend to your needs and level of comfort. If you are overheated, cold, ill or under fed, it is going to be harder to feel good in order to attract and manifest positive events.

Life is a joy and wonder to behold. You are gifted with this unbelievably positive experience. Feel the wonder, the joy and the inspiration as you did in the best moments in life.

If you haven't done so already, recall the best moments in your past. Do this often. If the most wonderful feelings don't come to you now, they will in later moments or sometime during the day today.

This is easy to do as long as you are receptive and open to it. Let it roll through you as wonderful sensations. This is how you begin a day the right way and open yourself to all the opportunities this day and the universe have to offer you.

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Affirm that your affirmations are powerful and do work. Affirmations strengthen belief, so believe it and feel it.

The more often you can do this, the better off you will be. Your life will be transformed.

The treasure is inside you

We are here to express ourselves and create our dreams. We are not here to bury our most cherished desires. That is not what life is for. If you do not pursue your dreams, you are not going to be happy. You are not going to get your individuality or magic out, and you will suffer because of it. You are capable of far more than you think you are. Do not leave your potential undeveloped. Follow your desires, they are there for a reason. If you can't trust the very source of who you are, that part of you that magically gives you life and existence, then what can you trust?

Decide what you want and then tell yourself 100 times a day: ***"I will do it."***

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Create additional affirmations related to your special desires and most cherished sacred ambitions, dreams and goals. Do not let anyone talk you out of your dream(s) and goal(s), or allow anything to dissuade you. Use your affirmations every day. They will direct energy in the direction you have chosen for the purpose you need that energy for. Do not necessarily tell others what your plans are. Telling people who do not believe as you do *what you want in life* can release the energy in your goal and desire that you need at this time.

The energy in a goal comes from the beliefs you hold that revolve around the goal and its achievement. If you expose your ideas to disbelief at a time when you need belief (that you can do it, etc.), you risk dissipating the energy of "I can do this, it's the right thing to do, it's what I want and have decided to pursue and succeed at..." etc., etc., for example.

Go for what you want and line up all your beliefs and resources in a strategic way to insure the outcome you have decided upon. This is what your life is for. This is what you came here to do.

Judging people

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We are meant to judge *the effectiveness of people's beliefs and efforts* so that we can learn what works in life and what does not. We are not meant to *ever* ridicule or belittle people, not even in a joking way. Even the "complete failure" teaches us what does not work and motivates us not to be like the failure or to repeat the specific thing that fails in what is otherwise a great spirit. We are looking at *what beliefs people have and how well those beliefs work* in their lives and how they affect others. What are the results and do we like what we see? What works and what doesn't work?

If you see a person that you consider to have failed, remember that we are all of the same fabric — formed out of the *Spiritual Intelligent Love or One Consciousness*. Failure just means that their beliefs did not work at this time in this place. It may just be that they had greater challenges than us. Some people say "we are all the same person." That way of thinking seems to work very well. However, I say that "We are all the same *in important ways* but we are *individuals*." Also tell yourself that the person who you judge to be a failure could be a "king" or "queen" in another probability, or a great achiever in a different system and situation. The same and/or reverse could apply to yourself.

The *belief system* of the families people are born into and the dramas within those relationships have a lot to do with how a given person develops and succeeds or not.

Use what you have

The situation you are in possesses everything necessary for your complete success. The life situation or circumstance you are in did not happen by chance. We carefully choose what will serve us best to be used as a springboard to solve our own inner problems and achieve our missions or desires on earth before we even begin our current life on earth in this carefully selected time and place. We take the probable actions of others into consideration, but things don't always go as planned. Everyone has free will and everyone at times changes direction or makes mistakes. In any situation there are always options. No person is in a situation without a path to success. There is always a way out of an undesirable situation and a path to your dreams.

There are always people you can reach out to for help on inner and outer levels.

Politics

I see three categories, or types of characters on the political scene.

1. ***The real thing:*** There are real politicians that have the ability and know-how to **work with people to make things happen**. These are doers or creative people I call “architects” or they are the people who help implement “architect’s” work. Architects are the people who go to work and apply intelligence and creativity to make their work and visions real and applicable in the world.
2. ***Actors only:*** There are actors who are elected because people like them.
3. ***Destroyers:*** There are actors who complain that the real politicians are all wrong. These are what I call destroyers. They cannot achieve anything and so they swing wrecking balls to destroy other people’s work. People who blame others because they did not achieve their dreams in life like destroyers. All of those in this drama spend their lives running from the truth.

The cause of division and failure

If you do not act on your ideals in small practical ways, and if you distrust yourself, you will project that discontent out onto the world. With little or no tolerance, you will attack those you blame because all you see is duplicity.

The path to a successful civilization and self

But if you think the universe is friendly and you act on your ideals in what may be small and ordinary steps initially, you are likely to succeed and live a good life. You will serve as an example to others, and in general, everything will work in your life.

Awaken to your power and magic or remain stuck in life

In this century there is a change in awareness taking place. We are entering a spiritual age of metabiological awakening. This is a personal and social evolution into a new way of living and relating to people and life.

The process begins when we begin to notice coincidences in our lives. This will occur when we raise our energy with positive thinking and through metaphysical principles of giving attention to that which we are bringing into existence.

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When the right people enter our life, or something happens to save us at just the right time we are fascinated and reassured at the same time. A sudden burst of positive emotion fills us, and we realize that life is much more than what we were taught. Faith and optimism that we felt as children returns, and we are bathed in a new energy and dynamic that is incredibly stimulating.

We begin to notice a pattern in our life. When we hold traditional beliefs, we see the world in a certain way that provokes fear and a worry that events may be spiraling downward or in some other way betraying our best interests. This focus causes our energy to plummet and fear to grip the moment.

When our energy drops the coincidences do not happen as frequently. This leads us to believe that there is a connection between higher states of energy and the events that happen in our lives.

We then begin a learning process so that we may enjoy this sense of having something upholding us and bringing us what we need and want in life. We take a quantum leap into a new way of living.

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The force operating in our lives below normal awareness is our own deeper consciousness. When we pay attention to what is happening we soon realize that life is not supposed to be painful. Existence is oriented in a positive way that we missed before.

We begin a journey of seeking insights through a strong thirst for learning and going higher in our energy. In the process one such insight is that we are consciousness and consciousness is effortlessly and automatically altruistic and autonomous (capable of self-government and correct decisions that benefit the self and others at the same time).

As more and more people awaken to realize that they are creating their reality, the world changes. When a person's worldview changes, priorities change and a new focus emerges. We become concerned about learning more, remaining positive and raising our energy.

The birds sing when the sun rises for a reason.

Appreciation and gratitude as a method to succeed

In your past you did not choose your thoughts as well as you do now because no one taught you that your thoughts manifest. Post-traumatic-stress syndrome is a powerful example of how our fears and negative experiences can hold on in our psyche and body. They may cause our positive thinking to be followed by frustrations and anxieties about getting what we want in life. Often this causes our thoughts to *argue for our limitations*, which we then manifest instead of what we were affirming.

So what do we do?

The need to focus on what is right (and to help people)

Dominant world beliefs are focused on threats and addressing them on a physical level. Our beliefs create our reality, and currently, the picture painted in the mind is of a hostile and unsafe world we must protect ourselves from.

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The mistake of addressing problems on a physical level exclusively, is due to a misunderstanding and false premise. Albert Einstein's friend, David Bohm and his science suggest a more accurate perception of reality. The mind *projects* its beliefs, thoughts and emotions.

Therefore, the idea that the problems in the world today are "*outside of our control*" is a basic misconception.

You can control everything that happens to you.

Articles

Read the best metaphysical articles on affirmations (below).



[Click on image to learn more.](#)



[Click on image to learn more.](#)



[Click on image to learn more.](#)

More information on how to use affirmations to manifest what you want (below).



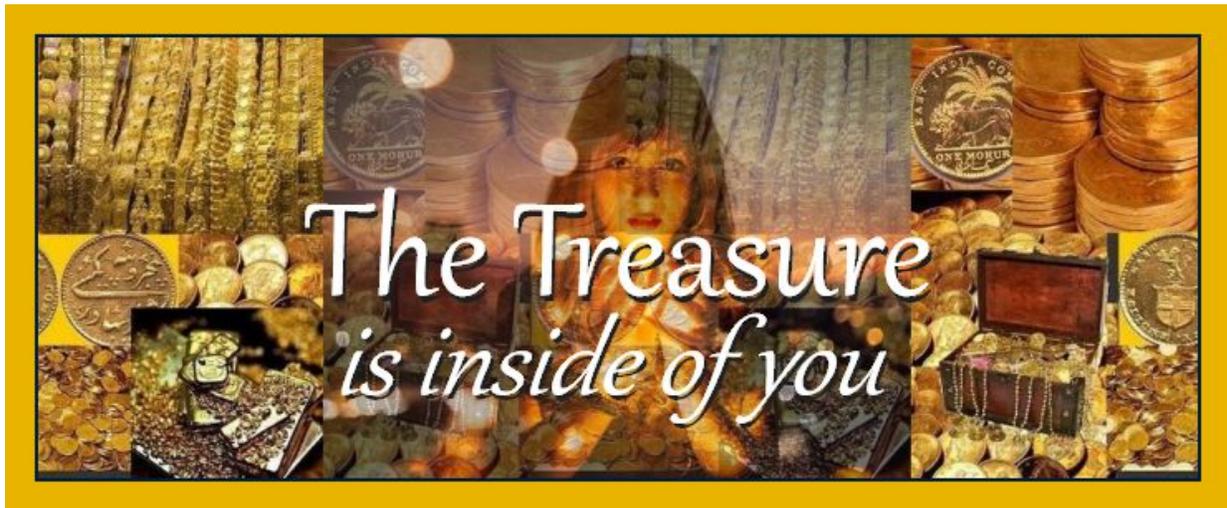
[Click on image to learn more.](#)

Affirmations create your reality

You can choose to focus on and be grateful for everything good in your life. You can wake up and appreciate the new and original day, your existence, opportunities, the fact that you create your reality. If you do that, more of everything good will come into your life.

Neurons will be created that form connections to all those things you appreciate, forming wiring in your brain that tunes you into everything you love. Your focus will manifest more and more of those kinds of events, despite the seeming odds against the best case scenario happening in your life.

This is what you learn to do on the free daily affirmation and guidance page.



A ThoughtsCreateMatter.com affirmations posted daily.

Affirmations change beliefs



By using affirmations to change your beliefs you can change your reality. Americans are focused on what is wrong with everybody and everything and that is the reason for violence. When we change what we assume, our reality changes, we select better probable events.

You can delete ineffective beliefs and adopt the proper set of beliefs using our free daily affirmation and guidance post. The law of attraction and *the secret* will only work with the right overall combination of beliefs, thoughts, emotions, and focus of attention. This is what I have studied for 50 years that I teach in the free daily affirmation and guidance pages.

Affirmations always work

When you say an affirmation, you accumulate positive energy and momentum toward your goals, and this energy always manifests in some way. As long as it is done right, even if you do not reach the intended goal, a positive affirmation will improve something or make something good happen in your life. Every affirmation increases the “percent-chance” that what you are affirming will manifest until you reach the 100% chance of manifestation and you experience your goal in the physical world.

Negative suggestion will work against you.

There is an art and science to using affirmations effectively.

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Affirmations are *mental suggestion*, and suggestion forms your life. Affirmations can draw any talent, habit, condition, personal quality, relationship, money, health, joy, love or goal from the infinite field of probabilities you are centered within.

We can make the earth a paradise by being positive together



[Click for video introduction.](#)

Scientists worldwide study the effect of people's thoughts and emotions on the earth's atmosphere. When all the people of the world start to think positive thoughts, it will change the earth's energy.

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The energy you generate with a positive affirmation becomes a part of your personality, attitude and character. It pays to learn to think in affirmations.



The law of attraction can help you now

Begin to create whatever you want right now by learning to use the secret law of attraction.



Sense the great power and depth of your mind. Feel the magnetic power of your thoughts in this moment. Electromagnets can lift cars, but the electromagnetic pull and creation generating power of a single thought is far greater.

You do not need to do anything or work to rely on this power. The universe has your back. If you're stressing, drop it and relax. You can actually attract better in a drowsy or half-asleep state, especially if you have some thoughts that you really, really like. It doesn't matter what they are as long as you are raising your emotions. That alone will create a match with all things positive.

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Get positive thoughts and emotions going and then employ constructive affirmations along the lines of what you want to do. Imagine what you want as if it were in front of you or generate the feeling of having it.

If you visualize, just a minute or two can work extremely well. Even if results do not show immediately, they will come within a month if you do not stress or doubt, have contrary thoughts or lose your inspiration.





Consciousness is kindness.

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There are a lot of things that traditional science cannot explain that can be understood through the lens of Internal Science. The understanding of individuality within unity and

the fact that we are all connected because we are one consciousness, changes how we relate to others. It is not possible to gain at the expense of others.

Thank You



I thank everyone that has made contributions, and those who have purchased books. I would not have been able to do it without you!

You Can Fly With Positive Thoughts

When you add one or more of our many books to the tools you possess to improve yourself and the quality of your life, you help **more than just yourself**. You help people around the world who are suffering in the most difficult circumstances. People from around the world in over 170 countries rely on this information reaching them, many of whom do not have any money to buy books.

You can change the world





Consciousness is the light and soul of the earth

We are individuals but we are all one consciousness. We all will prevail.