

What were you Thinking?



For everyone who has ever asked why things work the way they do.

Did you ever have a good idea, and then later find someone else got the credit? Did you ever wonder how in the world people got thinking adults to spend their hard-earned money on a “Pet Rock” - or some other product seemingly totally bereft of value... Or why it is that some people seem to have all the luck and others just can't seem to get a break? Why is it some are healthy, some are ill, some are wealthy, and some have nil? There's much to be told but there is one overriding, HUGE factor that affects your and my life more than any other single thing in the Galaxy.

And the answer may seem simplistic or even unbelievable to you, but it is because of something we all do each and every day. It is this: Thinking. – And, yes, there's more to the story.

How can I say such a thing, and what do I mean? The answers are in this little missive. It is copyright Coherent Marketing and no portion may be reproduced without our express written consent, but Hey - Its Cheap! Just buy another copy (buy one for all your relatives & friends, too – we really appreciate it!).

After we make a mistake; once we have an automobile accident, or experience ANY activity with a negative outcome - even as simple as stubbing our toe on the coffee table, we may be asked, "What were you Thinking?" - or ask ourselves, after we make what seems to be an unwise financial decision, "What was I Thinking?". . .

Could it be that what we *think* contributes to, even causes what we *experience*? Let examine for a moment the *process* of thinking.

Thinking. Everyone does it. The PhDs among us - and the children in Elementary school. We think about what we're doing, what we want, what we're experiencing, we think about how we're going to accomplish this task, get to that goal, finish project X, etc.

And sometimes - some would say all too often - we simply think whatever the TV or Radio tell us to. Yep, we surrender our rights to the possession of our own unique thought processes to somebody else's thoughts. This is not to say that this is always a "Bad" thing...

Each of us humans thinks. We can think about something bad, we can think about something good. We can think about what might happen in the future, we can think about what already happened in the past.

But you get the idea, we're thinkers. We're Always Thinking! Even in sleep we dream. Comatose hospital patients can be observed going through REM sleep (Rapid Eye Movement indicating dream activity).

Thought exists. Where is it? Try this exercise: Think of something - anything. Now, stand or sit still - or run around - Where IS that thought? Maybe somewhere between your ears, behind your eyes.. maybe right in front of your eyes, maybe a little bit higher. But when you close your eyes - isn't it a little bit bigger? ..smaller? And - After you think that thought, another thought enters your consciousness - where did the earlier thought go? Does it still exist? Are all of our thoughts "out there" in the Ether?

What about a thought from the past? A thought someone once thought? Do thoughts have anything to do with time and space at all?

They seem to be short lived things. But they recur... and seem to show up out of the blue. We don't always consciously decide to think a specific thought. But it is difficult to stop a thought. Do we only think that we're thinking? Well, maybe all these questions don't have easy answers. OK. ..Got you to thinking there for a second?

Let's leave "time and space" for a moment and have a little fun with an allegory. **An illustrative little story about I-Beams...**

Imagine you're a girder - an I-Beam - only one I-Beam - but you're one of the many I-Beams in the building known as Reliant Stadium...



For those unfamiliar, it makes the Astrodome (the former “8th wonder of the world”), look like a garage, one could put an 18 story building inside the dome.) - Reliant Stadium is HUGE.

But you’re an I-Beam - and if you think (*you decide to think - based on whatever right or wrong input you’ve had leading you to think this way*)... you decide that you don’t appreciate where you’ve been placed in the building.

You’re only supporting the cheap seats... and you feel you’ve been discriminated against... and that the architect wasn't fair in placing you where you are.. that you have a valid reason for being unhappy. . . And you think/believe that the I-Beams in the High Dollar Section get all the accolades - they’re looked upon with respect, people appreciate them, they get all the glory...

And you’re a Lowly, ‘Cheap Bleacher’ I-Beam - supporting seating for People who don’t Even EVER THINK about what a contribution you make to the building. Why, without you, their seats would collapse! Why, the whole section could come crumbling down (those ingrates)... and you share your feelings with the other I-Beams around you.. and, sure enough, you find out that there are others who feel the same way..

In Fact - In YOUR REALITY - Hey - *you BELIEVE it!* All the I-Beams in your section have been neglected and mistreated. You haven’t even been painted! The I-Beams in the High Dollar Area get all the glory - they get to hold up the Big Time Fans - Corporate Executives, Celebrities, Millionaires, .. while you have to hold up the

dreeds of humanity - ITS JUST NOT FAIR!

How could a Just Architect allow such a thing? ..and you know that evil, hateful Construction Company had it in for you... and especially that foreman who decided to put you here. . .

Yes - you have plenty of evidence to prove you are right in your feeling that, not only is life not Fair, but its just plain wrong!

And you think that no matter how hard you try, you'll always be the "Cheap Seats" Beam with a right to be discontent as long as you exist! And for anyone to suggest you should CHANGE YOUR MIND about it and to **THINK Differently**... Well, that's just their opinion - they haven't seen what you've seen - they haven't experienced the disrespect, the disappointment, the depreciation. They just don't know how it feels...

So, you and your fellow I-Beams develop a culture of envy... a culture of unhappiness. Your experience is that of the victim. *AND* You are continuously proving yourself right – by your *experience!

You *KNOW* you've been disrespected and put upon and not only do you hate the I-Beams in the other sections, you hate the architect for putting you there. And you agree with one another - that your position is right, that it is your lot in life to be miserable and unhappy and that bad stuff just seems to happen to you no matter what you do...

* you notice it EVERY TIME someone spills a drink or drops some popcorn in your section – and that is PROOF they don't respect you.

... OK –

That settles it. – or is there more to the story?

Next, we go and conduct an interview with an I-Beam from the High Dollar Section..

We ask, “How are you?”, and get the response, “Fantastic. I’m a

blessed I-Beam. I get to support all this area and make the people in the seats feel safe. I'm grateful."

"But no one ever notices you.", we counter, "You're underneath the seating area, and people are always either looking at the action on the field, the TV monitors or the steps and their seats - *they don't even notice you* - doesn't that get to you?"

"Oh, no...", the I-Beam responds, "I know that I'm of service – And, let's face it – people are going to think whatever they want to, I can't change *their* minds. But I've been given a great opportunity and I get to be a part of this super stadium. I have happy fans sitting in my seats, I get to hear all the cheering... – its a wonderful existence!"

Two different sets of Circumstances- Right? ..or might something else be involved? Could these I-Beams state of being, or 'lot in life' if you will, have *anything* to do with their attitudes? – could there be a relationship with... What They Were **Thinking?**

We have arrived at **The Point** which, being expressed in various ways, looks something like:

- **If you think you can – or – If you think you can't – Either Way, You're Right! (Henry Ford)**
- **You'll See it When you Believe it. (Wayne Dyer)**
- **As he thinks in his heart, so is he. (Proverbs 23:7)**

Strong's Exhaustive Concordance of the Bible shows the definition of the original Hebrew word translated "thinks" in the Bible verse above includes, "...to *split* or *open*, i.e. ..to *act as gate-keeper*.. to *estimate*:- think.

IN OTHER WORDS, (here's your chance to catch it) -

We can monitor and control what we think, and thereby impact (*change, if we so choose*) what we experience.

We can literally change what we experience in our lives when we choose to THINK that way (and if you don't yet believe, read on).

The idea of, “..bringing every thought into captivity..” (II Cor 10: 5) is not only a valid admonition for Christians, it is the practice that can *and will when applied* change for the better the reality of the practitioner. - *Admittedly, easier said than done.*

But - *and this is the cool part* - We have an option most of us have never fully understood and exercised: We can consciously *decide* What to Think.

We can *and do* **decide** what to think all the time. Granted, we get a song “stuck” in our mind and it keeps rattling around in our heads “without thinking” ..or we get a call from a friend or relative and have that, “I was just thinking of you” experience. What is that about?

Thoughts are out there - in the "Ether". You can believe that thoughts 'transcend' time and space, that they are fleeting wisps of vapor and gone, that they come and go on their own. You can believe that thoughts are things that you can control - or simply agree that they exist "NOW"... Whenever NOW is.

But our reality - that of each individual thinker - is largely based on what we put our minds to. Think about it...

(no, really...)

L. Ron Hubbard and the folks who practice *Scientology* have indicated that Thoughts are Things. And thoughts, like wildflower seeds, can find rich soil, and optimal weather conditions, or they can be crowded out of any chance to grow by other thoughts that use up all the nutrients and potential energy for growth. We could think of abundance, but if we have 10 other thoughts of scarcity and hoarding for every thought of abundance the idea of abundance will never reach the critical mass needed to bring it to fruition.

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For a Brief Moment - Consider "sin" – or for the non-religious: error.

The New Testament book of James describes how it comes about:

James 1: 14 (Amplified version) But every person is tempted when he is drawn away, enticed *and* baited by his own evil desire (lust, passions). 15) Then the evil desire when it has conceived gives birth to sin, and sin when it is fully matured brings forth death.

In this description, BEFORE we "sin" we first have to have the *desire* - we must - prior to taking action - have the *thought*. Then the thought leads to action (in this case wrong action that leads to death)...

BUT WAIT A MINUTE! Couldn't we Consciously DECIDE to think thoughts that will result in a positive, edifying experience? - If the principle: First thought, then action taken based on thought applies in the negative, why couldn't the same principle be applied - on purpose – by choice - to manifest *positive* results?

Can you begin to consider that what happens to you (what happens to each of us) is - at least in part - because of and predicated upon what you and I train ourselves to expect. And *we train ourselves*- we set expectations in place *with what we think about*. Admittedly, “Bad things happens to Good people”. Nevertheless, the concept is true.

Did you know *you can decide* what thoughts you think? Have you ever practiced “Positive Thinking” (kudos to Norman Vincent Peale)?

IF you have you know it works – *probably only sporadically* for you, because you've only practiced it sporadically. If you haven't experienced the good results and improvement in the attitude of the one that lives behind your eyes, I submit that you didn't understand it. This is not to imply you're 'at fault' (besides that, it is generally agreed that there is nothing you or I can do to alter the past - we can, however impact the present - and our future).

This is not to suggest you simply decide and you'll immediately get into “The Zone” of thinking **“thoughts of Appreciation rather than Depreciation”** (kudos to Dr. Wayne Dyer) - and stay there. But it *is* possible to change your mind. It is possible to catch yourself thinking the “wrong” thing (you are the arbiter of what is wrong for you) and decide to think differently.

You *can* go to a higher level of thinking - for hours at a time - its amazing what humans can do with practice. **When you get to the point** (again, easier said than done, easier conceived than believed - and YOU have to decide) **that you're willing to try it**, as the Nike Ads say, "Just Do It."... **The results are inescapable.**

Many of us have been expending 'some' energy and effort from time to time at getting what we want by Prayer, Creative Visualization, Meditation, etc. for X number of years with limited positive outcomes. How about this? - Eternal, Spiritual Laws exist. And thinking works the way it works. No less reliable than the Laws of Gravity or Physics, the Law of Thought (to coin a phrase) is at least part of the reason why "To those that have will more be given".

What does this mean?

Pretty much three interdependent things.

1). You can have whatever you want *IF*

2). You know WHAT to want *AND*

3). You apply your mind (heart) to the task - by thinking right.

Well, taken literally, anybody can agree with that, can't they? If you don't get what you want, either you didn't *want* the right things or you failed to properly apply yourself. OK, yes. BUT wanting what is the right thing to want as well as applying your mind to the task are skills one can learn with practice.

You have a mind you are using at this instant to read these words and think these thoughts. And, dear reader, no matter what happened in the past that seems to have led you into the circumstances, attitudes and thoughts you currently find yourself in – because of what we perceive someone else did to or for us or by reason of habit (because that's just what I've always thought) – you have, with that wonderful mind you are using right now, a powerful tool to change your reality.

It is submitted that the Ultimate Power in All That Is has created what now is "by things which do not appear".

You can't lay hands on a thought. One can't physically take hold of Faith or Love. But neither can any thinking person deny that they exist.

Double-blind scientific studies have proven that Prayer works.

People were asked to pray for other people they did not know. The recipients of prayer did not know they were being prayed for. And the subjects who were recipients of prayers improved more rapidly and their health problems lessened, compared to a non-prayed-for group, with no other change in treatment (all patients were given the best physical medical treatment).

What is prayer, if not concentrated, focused thought?

Could we make the effort to "pray without ceasing" as the Apostle Paul admonished those who would live "the way"? And, might we experience a better *life* along with a better attitude by practicing - i.e. catching ourselves and choosing to overpower/replace our negative thoughts with positive ones?

Here's a concept to consider - however briefly:
You and I HAVE what you and I have thought.

We are what we think about. We get what we focus on. *We are the recipients - either beneficiaries or victims - of what we've been putting out into the Ether with our minds- with our thoughts..*

Could you consider that it is possible we have been conditioned - trained and taught a set of ideas and concepts (by well-meaning people) that may not all be entirely accurate?

Some people are self-justifying creatures, and believe that their reality is largely somebody else's fault - *because that is what they have been taught.*

We see in our experience what we have been thinking of. As he thinks in his heart So IS He. If you can agree to consider this (and we're not presuming you're convinced yet) – IF this were really true... If our reality has come into existence through a process of our thinking,

What could one DO with this information?

Wrap your mind around the concept, and catch yourself! When you notice yourself thinking negatively, CHANGE YOUR MIND and find something to be thankful for instead. Make the conscious choice to be at peace rather than frustrated when the opportunity presents itself (and it will).

FOR EXAMPLE

Have you ever had less-than-blissful experiences in freeway traffic?

Imagine you were leaving from a HUGE Family Reunion. You met relatives you hadn't seen in years, had a great time, really enjoyed yourself and when it was time to leave you left feeling enriched and encouraged from the experience. And then you knew that everyone departed together and all headed out on to the same freeway and so, everyone on the freeway was part of your extended family - Well, you'd drive friendly and all tend to yield to each other.. ..and "Uncle X" or "Cousin Y" would be given a bit of leeway if they drove a little less than perfectly - you know - because they were family.

You and your other relatives would watch out for them and each other - and make the adjustments necessary. So, ..no 'accidents', no Road Rage... No harm, no foul.

Guess what !

Perhaps you hadn't thought this way, but here's another way to think:

You're related to everybody out there now – they just don't all know it (yet).

*

Can you begin to see what can happen as we consciously decide to THINK differently?

YES ! There will be people on the freeway who don't think this way. We still have to watch out for them. But WE don't have to get ***Stressed*** worrying about them, judging them as idiots, cursing them, and getting OUR minds caught up in the vicious cycle of negativity. We can choose peace rather than road rage. We can change our minds – we can *choose* to think of how good it is that we HAVE a vehicle, etc.

What about Relationships? Rather than thinking of the problems, the shortcomings, the faults of the other person - Why not think about - consciously decide to focus on (give your attention to) - the positive?

When we can decide to think about the things we like about that person (be it a spouse, relative, neighbor, etc.) and focus on the positives, by doing so we will reinforce that aspect of their personalities. What we *think* about is what we'll *see* more of. This may seem at first glance impossible and it is without question difficult – but do you think it could be possible?

Think about the positive qualities - and even go so far as to vocalize your appreciation. Caution - it must be real. Feigned love contributes to your weakness. We know, internally, when we practice deception and it yields unhappiness and instability.

How about your health? Can you think of yourself as improving? Can you imagine your circumstances improving? Of course you can! When you keep thinking that way, you will begin to DO the things that will result in, and then lead to the evidence of, improved circumstances manifesting in your life.

Think of being healthy. Maintain thoughts of 'getting better' and you can't help but start to eat better, sleep better, exercise more and DO the actions and participate in behaviors that result from those thoughts of better health.

Could you change your mind regarding your job? Is it possible that the thoughts you harbor impact what happens there? Could you decide to practice focusing on solutions rather than problems - to put your effort into consciously expecting success?

**“You can’t solve a problem with
the same mind that created it.”**

- Albert Einstein

The apostle Paul admonished us to set our minds on whatever things are true, whatever things are noble, whatever things are just... things that are pure, lovely and ‘of good report’. Can thinking of virtue and praiseworthy things - can focused conscious thoughts like this - produce circumstances in our lives that are different from the circumstances produced by thoughts of a negative nature? Yes. They do and they will.

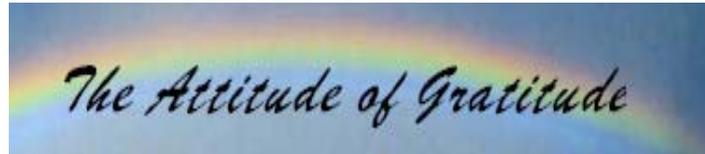
There are distractions all around us. Dozens of rapid-fire images assail our minds daily from various sources of advertising. We have 24/7 news (candidly mostly bad news) impinging on our consciousness - If we do not choose what to think, this current world can cause us to become scatter-brained, confused, and derail our otherwise smooth running Train of Thought.

How about thinking “good” thoughts? Can we understand that we will get **results** - good or bad - that follow what we think? Perhaps if you think less of “failure” and more of “results”, this minor shift in your perspective will make the next step easier.

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Whether you’re an I-Beam in the Mezzanine or a Bolt holding down a seat in this building that is the Universe... Whether you’re a Major Pillar, a Window Sill or the padding under the carpet that no one will ever see - in the analogy of the Building - you can change what you have and have what you want by changing what you THINK - (you’ll still have to take out the garbage... and be careful not to stub your toe on the leg of the coffee table).

*Recommended:
Acquire and develop, begin practicing*



Well, that's pretty much it. You can choose to stop reading and just think awhile. It is believed (the writer *thinks*) you've gotten the point. But if you like... By way of review - and to move up a level the following is offered (some of this you've heard before):

- 1) Double Blind Studies have scientifically proven Prayer Works.
(So, probably you can-)
- 2) Ask and it will be given you.
(And understand that you can)
- 3) Seek and you will find.
(And that)
- 4) ALL things are possible with God.
(You might even choose to use the thought:)
- 5) I can do ALL things through Christ which strengthens me.
(And then,)
- 6) When you pray, *believe* that you receive it *and you shall have it*.

and the caveat:

- 7) **But let him ask in faith, nothing wavering.**

It is most assiduously recommended that if you decide to pray, you THINK *before* you pray; and posited that you will likely experience a higher degree of success when you get your mind quiet before you begin. You are, after all, petitioning the Ultimate Power in all that is.

**What we HAVE and what we SEE
was first what we THOUGHT.**

Prayer is the application of focused, conscious thought in a petition to the Ultimate Source of Power.

Pray in appreciation. Pray in faith. When, while thinking and believing your petition is directed toward and in fact reaches the Source of Infinite Power, you KNOW that you are grateful and then ask for what you want, expressing appreciation in advance and believing you will get what you are focusing on BECAUSE you are willing and committed to **do whatever it takes** to attain what you ask for, and you KNOW that what you are asking for is good for all concerned, and in line with all that is worthy of praise and thanks, and that your belief that what you are asking for - what you want - is unshakably, unalterably right, just, good, charitable and will produce the best possible results for anyone and everyone who could possibly be affected by it... What could or would possibly prevent it being received? (*keep the faith - we'll be manifesting results soon enough*)

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Here's a Thought - "Be constant in prayer"... "*Prayer*" is a term used to mean reverently connecting with the Source of all that is. The experts at it - sages of old - went to a quiet place, by themselves, often in a wilderness setting - and recommended you pray in a private, closed area. An secure venue helps quiet the mind and eliminate interruptions, and when 'alone with our thoughts' we have more control over them.

But thoughts are thoughts, aren't they? Can we think thoughts of appreciation while we're driving to work? Is it possible to mentally ask to be guided toward being more useful - or ask for improved behavior as you walk by the way? ..To be constant in prayer - to "pray without ceasing"? It'll take work, but the answer is **yes**.

The Power is there. It is REAL. It is awesome. If you understand you need to be careful with a chain saw, you can imagine what tapping into this power can do - and how careful you need be when you choose to apply it. But there's no need to be fearful - the instructions are available (a quick check is available in a book you

most likely already own - reread Matt 5:3 - 6:14).

And, as long as we're getting specific, here's another clue: don't spend all of your energy thinking of yourself. You will come to understand that outgoing concern, AKA Love, Works - every time.

Some believe that ALL prayer is answered. In the Biblical book of Proverbs (some sage advice there, by the way) is the advice that sometimes we are to "answer a fool according to his folly". When we mess up and ask for (by thinking about) the wrong thing the answer may well be that we receive the wrong thing. If we don't get the answer we expect, it is because we asked "amiss" (see James 4:3). So it is in our best interests to exercise caution, to 'be careful what you wish for'.

So... Just *THINK!*

Its your decision. - Every time you're thinking. Every thought you think.

You are conscious now - cognizant of what thoughts are in your mind - right Now.

Good! - Now - Realize this: ***If you have a problem***, (many seem to)... Einstein told us, "You can't solve a problem with the same mind that created it."

BUT - You *can* Change Your own Mind (!)

And here's the tricky part: you're the **ONLY** one that can).

Here's a suggestion: Begin now to *revise your thinking*. You may choose to or not – it is *your* mind. Your choice. Revise the way you think of problems. You see, you can **agree to change your perspective** – it is simply a small shift in awareness.. (*stay with me*)
You are certainly ready to by now to ... Consider...

Think this:

There are no "problems" – there are only 'conditions' and/or 'situations'. It is **YOUR** perspective and **YOUR** choice (!)

Another? Sure.

What are you grateful for? Why not do something in response to that? Do it in your mind if nowhere else. You could think thanks.

The Ultimate Power that has always been and will always be **IS NOW** (and is *always* available). It *is* possible to tap into the power of this infinite Source using your mind. (Whether you believe it or not, you were made in the 'image' of God)...

You can *think* your way to a better life.

We will see - in the circumstances evident in our lives - the results of what we (and the rest of the intelligence in the universe) have been thinking (consciously and unconsciously, to be sure- but do you want 'better' or do you want to whine?).

No, it is not likely you'll lose 20 pounds overnight because you concentrated REALLY HARD, or get that new car you think you want just by closing your eyes and imagining it. And, as covered earlier, this will be difficult for one who is in the habit of thinking negative. This is a process... **But rest assured, if you keep focusing the awesome power of your mind on so called accidents, mistakes and negative outcomes, they will continue to show up in your experience.** It is guaranteed. It is *LAW*.

However, if you apply some concerted effort in the direction of abundance, happiness and well-being... You may rest assured - You'll get more of what you're thinking about.

So, What do you think?

Right now?

SEE?

You CAN choose what to think.

Do you think that, “Anything worth doing is worth doing well.”?

Do you think that “As you sow so also shall you reap.”?

You might consider the question, Why not Think Big.?

“Think, and _____.”

Oh, ..The blank space in the line above?

Well, that’s up to you.

What do you think?

Once you have been exposed to this truth and cognitively process that you are not, in fact, doomed to be the victim of the prevailing consciousness around you, nor do you have to think what others tell you to think, and you can begin to grow beyond what you have been told that you *should* think – and that you can choose what you *want* to think ..and that you can (frankly easily) then begin to think *what you choose* to think – Then, my sibling -

You are on your way to manifesting the miraculous.