

11 Critical Mind Facts for Personal Development

1

THOUGHTS ARE THINGS

Thoughts are things, they are real forces, and they are energy and are the 'cause' of all your 'effects.' What affects are your thoughts creating?

2

THOUGHTS ARE BIDIRECTIONAL

Your mind is like a two-way radio, it is a sending and receiving station of thoughts. What thoughts are you sending out?

3

THOUGHTS ARE LIKE MAGNETS

Thoughts that are thought with emotion become magnetized and attract similar and like thoughts. What are your thoughts attracting in your life?

4

MINDS FOLLOW DIRECTIONS

They take the directions that you give them and they follow them. What directions are you giving your mind?

5

MINDS EXTERNALIZE INSTRUCTIONS

The behavioral, speech, and actions that you demonstrate in the outer-world are expressions of our internal frames of mind. They go together. Are your actions helping you live the life you want?

6

MINDS RUN ON REPRESENTATIONS

Because minds run on representations, the more expressive, vivid, dramatic, and sensory-specific, the easier it is for us to tell our minds where to go and what to feel. Then the screen play is clearer and easier to follow. What pictures do you create in your mind?

7

MINDS TRANSITION IN AND OUT OF THE PRESENT MOMENT

This is what we humans do best. We can leave our current situation and travel to distance places, times, and worlds. How often are you NOT present?

8

MINDS INDUCE STATES

Minds put us into neurological states. They affect our physiology, breathing, movement, and internal chemistry. To work up a good mad, we only have to think angry thoughts of injustice and violation. What is your dominate mood each day?

9

MINDS GO IN CIRCLES

Not only do our minds represent the world, go places, and put us into states, but minds also do flips, they roll over, they flip back on themselves, they go in circles. What are you chasing around and getting nowhere?

10

THE LAW OF PATTERNS

Given enough time, everything has a pattern and that pattern is connected with other patterns. What's the definition of insanity? Doing the same thing over and over and expecting different results. What are the patterns in your life?

11

MINDS FRAME THINGS

This is one of the greatest powers of our mind for health and sanity and for insanity and destructiveness. Our minds frame. They do so to create contextual meaning. Do you live in as safe Universe or a dangerous Universe?