

Believe it to Achieve it!

“The greatest revolution of our generation is the discovery that human beings by changing the inner attitudes of their minds, can change the outer aspects of their lives.” William James

From the book, “Get Along with Anyone, Anytime, Anywhere” by Arnold Sanow and Sandra Strauss

Your belief system paints a picture of your world, how you relate to it, and what you attract into your life as a result. What you believe to be true, whether it's a belief about a person, situation, or event, is your personal reality. It doesn't have to be supported by fact; in your mind it is your truth. Your choices regarding how you act or respond to people or events are based on your beliefs.

Do you actually believe it's possible to enjoy outrageously wonderful relationships? If you don't, you've just formed a negative belief (that it's not possible to have outrageously wonderful relationships).

What you believe to be true becomes your reality! If you don't believe something is possible, it won't be. Your mind responds by falling in line to support your beliefs. If you believe something is impossible, your mind focuses on all the ways to support that impossibility—which then becomes your new reality.

If, on the other hand, you do truly believe that somehow, some way, those quality connections are possible, your mind works overtime to unearth the ways to make those experiences real. With positive mental conditioning, your thoughts are able to hone in on the strongest course of action.

By feeding your mind messages that something is possible, your mind goes to work cultivating all the possibilities for making them your reality. Your beliefs, as formless and intangible as they may seem, will eventually manifest themselves in tangible ways. Therefore, if you want an abundance of friends, harmonious working relationships, and endless opportunities for enjoying an extraordinary life, you must believe in their possibility, and that you are attracting them to you.

Claim whatever you desire as your reality and imagine how you will feel receiving it. Beliefs coupled with feeling are powerful elements of manifestation. Visualize yourself receiving everything you want; picture these images often, along with the feelings of getting your heart's desire. Visualize with vigilance, and don't let appearances, setbacks, or obstacles get in your way. Picture what you desire with passion and never, ever, give up on your dreams!

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