

Beyond Positive Thinking

By Dr. Robert Anthony

Affirmation + imagery + emotion = success.

Ten percent of people who *affirm* their goals with written intention statements achieve their goals. Fifty-five percent who *picture* the experience and end result succeed. And one hundred percent who *feel* the emotion of accomplishing the tasks actually achieve their goals. It's the emotional element that motivates your subconscious, which ultimately rules your consciousness.

The clearer your image, the more real it seems to your subconscious, which is the key to your success. And believing is seeing; not vice versa.

So, *visualize* what you want with great detail and long enough to stir positive emotion within yourself (write out your vision in detail and read it daily.)

Consider the concept of "imprinting", which is controlling your thoughts and visions regarding the changes you want.

Next, *write* solid intention statements (affirmations taken to another level). You must fully believe your intention statements and feel positive emotion while reading them. If you don't, you need to tackle the "nega-tags" plaguing them by rewriting them. This is the filtering process.

- Use "It is my intention to..." or "I intend to..." if needed
- Write in present tense
- State what you WANT; not what you don't want
- Be specific with terms (not just "better" or "more" but give a quantifiable result)
- Use words that trigger positive feeling and emotion (e.g. easy, enjoyable, fun, comfy, safe, satisfying, quickly, smoothly, delightful, ingenious)
- Focus on the best possible outcome
- Use positive words only (not "no, never, get rid of, avoid" etc)
- Make them personal (remember, you can't control others but you can control your responses to them; e.g. it is my intention to feel that my boss appreciates me)
- Strive for excellence instead of comparing yourself to others (e.g. "I deserve" may trigger you to compare to others)
- Make them believable (must envision it without anxiety or stress; it must be big enough to be exciting but small enough to be realistic)
- Test the believability. On a scale of 0-10, anything less than an 8 needs to be rewritten. Look at this list again to pinpoint your nega-tag.
- Create a balance (include all areas of your life)
- Add an insurance statement to them if needed, like "I accept this or something better. Please make whatever takes place for the highest good of myself and everyone else involved."
- Keep them secret unless sharing them will help achieve your goal

Affirm your relationship to money. Be willing to give more to receive more. Be a good receiver and plant "seed" money to generate financial success.

Use the Five Rs daily to create results:

- Relax physically and emotionally 15 minutes
- Recognize that a Universal Mind exists
- Realize your subconscious is open at one end to connect to the Universal Mind and at the other end to receive programming and input

- Reason: conscious is your thinker and subconscious is your prover. Always tell your subconscious what to do but not how to do it.
- Release: let go of concerns. Whatever you think about, you will bring about (i.e. self-fulfilling prophecy).

Shed worry. If worry is not producing something changeable, do something completely different and stop looking for answers. They will come naturally. Do not use your memories or past experiences to solve problems because that may limit the solutions that come to you.

Give up hope and take action. Avoid “hope, maybe, tomorrow, soon” and use present tense. Hope is dependent on others or other factors out of your control. Know you will never reach your full potential because it is unlimited. Learn to love the journey and welcome mistakes. Redirect anxiety into creativity. You cannot improve your already perfect self but you can improve your performance. Believe and you will see.

Live in the NOW (not the past or future) and you will receive all the answers you need. Go ahead and plan for the future (what you want and expect) but live in the present. Do what gives you joy and dare to be different.

**Unofficial notes by Natalie Gensits