

THE MILLENNIAL MIND METHOD Â© Be-Think-Do Pure Laws to True Joy and Happiness! Your Greatest Gift is to Think! â€œTherefore You Have Agencyâ€• Seven Keys to a New Wholesome Life Physically, Mentally, Emotionally and Spiritually! 1. What do you want? What ever you want wants you! 2. Know who you are? Your relationship with your higher source. â€œYou are not your body!â€• 3. Know the purposes of the minds and make them behave. 24 Laws of Conscious, Subconscious and Unconscious Minds. Why, what and how they do it? 4. Nutrition - Proper nutrition balances thoughts and behaviors. 5. Breathing - Controls thoughts, feelings, emotions and behaviors 6. Language - Be Positive - Eliminate one word and have a positive, happy life. 7. Faith - Increase and exercise it line upon line and become who you were created to be. A NEW KIND OF TREATMENT - What you focus on you Create - happy present and future, or re-create a painful past.

Self-confidence in your first twelve years is the key to all behavior change success. We only address events and then focus on the source. We then design individual positive concepts and affirmations which help a person to plant these into their own subconscious mind through their imagination - â€œDynamic Visualization.â€• These then become the new habit, which guides a person to an immediate new life. Picturing and speaking the new affirmations daily, with emotion, keeps the new modality until a new habit is formed. 95% of what we do is from the subconscious mind habit. The degree of addictions are from habits or learned behaviors and are equal to the level of low self-esteem in a personâ€™s first twelve years. Treating symptoms instead of the source recreates the problems. Decide to be happy and have Joy! Are you so stuck in all that stuff (negative thinking, depression, anxiety, loneliness, heartache, etc.) that you canâ€™t see any way to happiness, success, or anything wonderful in life? All that negative thinking since birth has you stuck. To get unstuck list down all your negative donâ€™t wants and donâ€™t likes, then you can begin to decide what you really want. Wants can be donâ€™t wants. Donâ€™t get caught in the trap of negative wants; they will suck the life energy right out of you. Ever wonder why you feel like a dark cloud keeps traveling above you? Well, dark clouds are like negative things happening to you and following you around all day - every day. So take a look at what you are wanting and discover what it is you are really attracting. Read â€œExcuse Me, Your Life is Waiting by Lynn Grabhorn.â€• Negative emotions seem to be a major part of our lives. We are taught how to think in a negative mode from birth - donâ€™t do this... donâ€™t do that... donâ€™t touch... donâ€™t spill... donâ€™t make a mess... no, you canâ€™t do this or that... donâ€™t wear this, donâ€™t wear that. No, no, no! Donâ€™t, donâ€™t, donâ€™t! And then we get hurt feelings. As children, we get attention when we get hurt. The more we cry, the more we get attention. And then we get punished for getting attention. With the 90% power of the subconscious mind, we get locked into thinking feeling bad gets us attention - good, bad, or otherwise. So, attention is a master of disguise. Negative attention brings more negative attention. Confusion - feel bad makes us feel good? So we get sick, take more medicine, and talk to whomever will listen to our sorrows and there you are? Is a black cloud following you? Get into your positive emotions, list your positive emotions (warm fuzzies), happy places and things that make you feel good? Each time you think of a new one, write it down. The conscious mind will-power is dependent on writing it down. Learn to use positive feelings daily. Get into your positive emotions and a white cloud of love, joy, happiness and wonderful feelings will follow you around. Yes, you will still have trials and disappointments, but you will learn how to make a trial into a challenge, and then an opportunity to be Happy.

Violence Against Women, Warriors of Mars #4, The Autobiography of Lincoln Steffens 2 Volume Set: Vol I A Boy on Horseback, Seeing New York; Vol II Muckraking, Revolution, Seeing America Last, La tienda de animales / Pet Shop (Mi Barrio / Happy Street) (Spanish

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