

Thinking & Change!

The one thing we can change today is how we think!



It is up to us to create the life we want. We do have the ability to create it using a focused thought process, imagination & believing in what it is we are wanting in our life. We need to take responsibility of we do have control of and that's ourselves. You control you part of any form of rehabilitation is taking control back and that starts with thought.

What we think matters, Internally and externally if we think it, we can do it, we can be it because you create it!

Anything is possible if we believe in it!

I can help you; anyone can help you, only you can save you!

The foundations of life are simple it's yourself that brings complication when we stay in the focus of what we don't want, we dwell on we are creating it manifesting it into our life. When it is the unhealthy road, we continue on when we do not learn from what the universe has shown us it will return to us until we acknowledge the lesson and have learnt from it there are no mistakes only experiences, what you think matters what you think you create, what you believe you shall have, the code is believe.

If we talk about the function of the subconscious mind,

The function of the subconscious mind is to store & retrieve data, your conscious mind commands, your subconscious mind obeys. Your subconscious mind is an unquestionable servant that works day and night to make your behaviour fit a pattern consistent with your emotionalised thoughts, hopes & desires. The subconscious code is about aiding us with tools and support to change your negative

Thinking & Change

mindset to a positive mindset. The subconscious mind is a program an important program that keeps you alive it maintains the running and functioning of the body system it maintains our everyday, that day depends what program you're running on positive or negative. Everything you think about yourself has been taught to you, how to live the life you want, yes you can change, if you want to if you believe you can.

Consider the hearts electrical field is 100 times stronger than the brain, the hearts magnetic field is up to 5,000 times stronger than the brain, belief is the code that take the field of energy, belief is the code that translates possibilities into reality of this world scientist tell us this now but is has always been long before science. The ancient ones new this and taught this through stories pictures & writings. You have always been connected no one person told you this, you are simply lost that is all.

The conscious mind communicates to the outside world and the inner self through pictures, speech, writings, movement and thought. The subconscious mind oversees our recent memories and is in continues contact with the resources of the unconscious mind.

The master of the body system, the heart, it all starts with the heart, science tells us this now a small receptor brain has been discovered within the heart the mysterious heart far from a mere muscle that pumps blood around the body, what a creation how clever the human body. This explains our knowledge of intuition and it makes perfect sense, we know the heart is a feeling centre so here is the thinking of how the system works in 2020.

What ever comes to us in an experience, tiny, small, big, huge, dramatic, calm, boring, scary or any other it may come with fear, it

Thinking & Change

may come with love, it may be funny or sad everything that comes to us every day has an intention good or bad, the feeling creates an emotion which has it's own frequency, every emotion has it's own frequency the heart communicates this information to your subconscious mind, what ever program your subconscious mind is running on positive or negative analytical mind will determine your next decision and the way that information will be processed through the body positive or negative energy will be distributed into your inner system in it's normal working process, food for thought!

Do you think positive thought may maintain our body running at a healthy level?

Do you think negative thought may have the ability to create symptoms of illness.

If our thoughts dwell on a negative thought for long periods of time, do you think that may turn symptoms into disease.

The heart can think for itself, can remember things and is intuitive to anything that nears or enters the body energy field.

I invite you to create the life you want to think about this process simply by applying,

Positive thought,

Live as though what you want is already in your life,

don't think one day I will have, as if it already happened!

Don't think about how the universe will make this happen, leave that to the universe.

Most important, feel gratitude for having it in your life, feel it!

Thinking & Change

We can only have in life what we believe, we are the creator of our reality, yes, it's that simple!

With all the programs on the Earth, society, governments we still have free will to choose what we believe. I invite you to open your mind to the possibility.

Yes, you are worthy of all your desire, it is there for you, the universe does not discriminate!

Good Luck!

Author – Sue Salty Sha - 2019

Copyright All Rights Reserved Sue Salty Sha

Distribution Abstract Soundscape