

Change Your Mind, Change Your Life suggests that apart from the pleasures we have, the successes we achieve and the families we produce, there is a particular purpose to our lives. That purpose is to evolve to higher levels of consciousness and therefore higher levels of existence in the time we have here. In other words, it is to enjoy happier and more fulfilled lives. How is this achieved? Through changing our minds, or more precisely, changing our changing intentions. In our brains, electrical charges pass through various centres, prompting us to behave in particular ways. Some of those centres prompt the same patterns in us as they did our primitive ancestors of millions of years ago. The result of changes in our intentions is that those charges become re-directed away from primitive centres to others that prompt higher, more evolved and more productive patterns. This book looks at the emotional undercurrents that drive us, such as those of joy, anger, feelings of guilt and unfulfilled expectations, together with the beliefs we hold, all of which contribute to the ways we present ourselves to the world and to our overall nature. It looks at why those undercurrents exist and how we can redirect any that are counter-productive to our advancement. In doing so, we then spontaneously behave in ways that open the way to opportunities for more of the success and fulfilment that we desire. In addition to the practical aspects of life, this book touches on the non-physical dimension and intelligences that exist there, some of whom will counsel us during our lives, if we welcome this. Change Your Mind, Change Your Life is not a religious book. Full of humorous illustrations, it is a blend of psychology, philosophy, spirituality, logic and introspection. It is a source of inspiration for anyone who genuinely wants to advance from his or her current level of day-to-day existence, to a more fulfilled, meaningful and purposeful life.

The Vampire Maid (Annotated), La seducción del poder (Spanish Edition), Warrior Mountains Folklore, The Fortunes of Oliver Horn I (Beacon Edition, Novels, Stories and Sketches Volume VIII), Fitzgeralds Legislative Manual: State of New Jersey, 2012, IWGIA - A History, Clinical Neurosurgery Proceedings of the Congress of Neurological Surgeons, 1973, REFORMA CONSTITUCIONAL (COLECCION DE AUTORES GUAIRENOS n? 5) (Spanish Edition),

Change Your Mind, Change Your Life has 86 ratings and 7 reviews. Angie said: I think it's human nature to think of the negative first, and be fearful of. If you stop and evaluate where you are in life, what would you see as your mindset? Are you a positive, can-do person who has set goals and. Most of us want to change the world, but only a few of us are willing to change our own minds! Yet there is a shift taking. 3 days ago Read short and uplifting articles here to help you shift your thought, so you can see real change in your life and health. Awakening to the realisation that you are constantly creating your own reality and future with your thoughts and emotions alone and taking full. If You Want to Change Your Life, Change What You Think That's when the launching of fearful, destructive thoughts begins, like a salvo of.

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