



## **Thoughts Create Reality**

**Our thoughts are powerful forces in the creation of our experience of life. You may be able to recall a time when frustration that was based on a misunderstanding completely evaporated when your understanding changed. This is because our interpretation defines our experience, and it can change in an instant.**

*1, Write down an example of when you became emotional because you thought something was true and then found it wasn't so.*

**Our only actual reality is the present moment, so rather than merely accepting that life is happening to us, we can harness the power of our thoughts to create a positive reality actively. For example, we can choose to appreciate the beauty around us rather than focusing on traffic or look for admirable qualities in the people we deal with rather than focusing on the negative. By choosing how to interpret and define each moment with your thoughts, you truly create your reality.**

*2. Write down a situation when you had a choice to see the positive or the negative and you chose to put your attention on something positive*

Throughout the day, we can monitor our thoughts to catch ourselves in the middle of investing our energy elsewhere—such as into belief in limitations—and instead pull our focus back to the infinite possibilities of the present. Taking a deep breath will help us center our thoughts on being in our bodies right now. Regular meditation allows us to gain mastery over our minds so that we can still our thoughts to focus on the pureness of being.

*3. Write down three things that you spend a lot of time thinking about. Does thinking about these things make your life better? If so, how does it make your life better?*

Our minds are powerful tools that we can harness to create our reality. Through them we move the unformed energy of the universe into form, which gives us direction for our words and actions. Each thought is like a stone dropped into a lake, sending ripples out into our world to affect all they touch. We can choose our focus and how we invest our energy, which gives us the power to design our lives to be whatever we choose in each and every moment.