

POWER OF YOUR THOUGHTS & WORDS

☀ Joseph Smith said to visualize as if 'it' has already happened and then it will manifest.

☀ Act & think as if 'it' has already occurred. Faith is action –there is NO faith without works. See Proverbs 23:7 *'As a man thinketh in his heart, so is he'*

☀ Pray – think – act – visualize as though it's already happened

☀ Picture in your mind your success – don't give up on it or it's FEAR not FAITH!!

☀ Take it one step at a time –

- Write out your desire
- Write out the steps you will take each day
- Invoke the power of God/Angels/Universe to assist on your behalf
- Visualize what you KNOW can happen
- Take the next step...
- Look for the small miracles that you are on the right track –
- Recognize it
- Give gratitude

☀ Recognizing some limiting thoughts –

- A belief is a strongly held thought.
- I am a failure
- Illness is a fact of life, I just need to accept it
- I am overweight
- I am so sick and tired of...
- I am insignificant and they always hurt me
- I am poor
- No pain, no gain
- Life is hard
- I am always broke (or broken)

☀ Recognize that you are ALWAYS right. Your thoughts are so powerful that whatever you believe in will happen. As you choose to believe in illness having the ability to overpower you, it will. As you believe in good health and that you can have it and deserve it, you will. Your belief pattern sets into motion your emotion (energy in motion). Your emotion creates the physical experience to sustain that emotion. Proving that you are right!

So in order for you to experience the condition you are in right now, you had to act and believe a certain way. You did that before you actually experienced the condition.