

How I Broke Myself from Asking "What Are You Thinking?"

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By Tracey Winfrey

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It's only four small words, a seemingly innocuous question. Yet a question, the sound of which is worse than ten sets of sharpened nails screeching across a mile-long blackboard - "What are you thinking?"

It is a question men loathe and dread, mainly because much like the meaning of life and world peace, there is no clear, definitive answer. Often, the answer truly is nothing (or nothing of significance). Yet, as women, often the question is one we cannot stop from asking, particularly if we are feeling uncertain or apprehensive. Perhaps a woman feels uneasy about the status of a relationship and then, out of nowhere, with the first pensive glance or scowl to cross her man's face, the question comes out of her mouth, virtually unstoppable. The question takes on a life and mind of its own, leaving us helpless victims compelled to utter the question.

First, I tried logic to free myself from the compulsion. Logic dictates that it's too broad a question and doesn't really lend itself for what I want to know. Specificity, yes, that was it exactly (or so I thought). I would force myself to ask clearly and directly what I wanted to know rather than ask the dreaded question. But, to no avail, the question still popped into my head and straight out of my mouth before I could stop it. I resigned myself to my fate. I would go through life as a victim of my own compulsion.

Then it happened. You see, aside from the very real possibility that the answer is truly nothing, or nothing of value (which is usually the case), there also lies the possibility that it is something you really don't want to hear or know at that particular moment. And it didn't happen that I ever asked the question and received knowledge of something I did not want to hear. Oh no, it was much, much worse. I was asked the question! It was quite possibly one of the worst dates of my life. The type of date that reminds you some fates are far worse than torture and death. Even prison seemed a brighter, more appealing option than another hour on this date (and I look terrible in flip-flops and orange), one I wished would end quickly. We were finally in the car driving me home and he was telling a story that seemed to go on forever when he paused and asked, "What are you thinking?" I was dumbfounded - my mind a whirl of possible explanations and answers. Do I tell him something simple? Do I tell him the actual truth - that given the relatively smooth terrain to the side of the road, I am calculating at what speed could I safely jump from the moving vehicle and maintain minimal physical damage? Do I just

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jump now (as we were approaching a stop sign) and escape the question altogether? In just a brief, few seconds, these thousand thoughts going through my head in a vicious flurry when suddenly, a soothing thought entered into my head. I looked at him, smiled, and said "nothing."

From that moment on, the cycle was broken and I was free from ever uttering the question again! The cure was as simple as having the question asked to me.

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Broke? Fix It Yourself: BE Wealthy

By Carina MacInnes

If you're reading this right now you probably have been broke, are broke, or know someone who is struggling with being broke. The pain and suffering of being in this state is truly awful. Being broke causes thoughts of despair, feelings of failure, desperation, struggle, lack and need. Being broke prevents us from reaching our potential, from living our lives freely. Being broke prevents us from being wealthy.

How is this possible? Like attracts like. Being broke attracts more experiences of being broke. It is a vicious cycle, once that can very easily be transformed once we understand the fundamental laws of how our mind and spirit interact with the universe.

It is your underlying state of BEING, in this case, being broke, that creates the resultant thoughts and feelings in your mind. As a package, this whole message is broadcast to the universe, which in return gives you more of the same: experiences of being broke.

One of the laws of manifestation is that we must BE before we can DO, and DO before we can HAVE. Of course modern society has twisted this all around. Being broke is a powerful message we are sending to the universe and ourselves. We are in a state of BEING, and it is broke. This will inform our actions to act in ways to continue to be broke, and we will continue to have this condition of being broke in our lives.

Your life experience is an outer reflection of your inner reality. All the thoughts and feelings you hold, consciously and unconsciously, are what create the experience that is your life. Your past created your present, and your present is creating your future.

It can be hard to understand that we are responsible for what we experience. I remember being unhappy, and then experiencing events that I perceived as causing me to be unhappy. Then I would say to myself, I am unhappy because of this... no wonder I am unhappy. I was trapped in my own vicious cycle and had no idea it was me who was responsible for my experiences of unhappiness.

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To break the cycle I first needed to know what was broken in order to fix it. It was the message I was sending out. I found there was a very simple way to fix it.

If I notice one day that I am unhappy, and understand that BEING unhappy is the cause of my continuing experience of unhappiness, it is that day that I can choose to change. All I need to do to break the cycle is: choose to be happy. It doesn't take anything from outside myself to be happy. All I have to do is gain awareness, pause, and pull up from within myself the state of being happy, replacing the unhappiness. We all have this capacity.

Choosing is an exercise of free will. You can choose BE happy, healthy, wealthy, whatever you desire. Take a moment and just BE happy. It is possible for anyone to do and a very powerful exercise once you have done it and understood it. If you are being happy, you will do things that make you happy, and you will attract happy experiences into your life. Being happy is the first step towards living a happy life. It seems almost like a riddle, but understanding it unravels the secrets of life.

If you find yourself broke, look within. You'll find you feel broke, and are in a powerful state of BEING. The awareness of this gives you the choice. You can choose your state of being. Imagine what it is like to feel wealthy. Take that feeling and hold it, you are now BEING wealthy. This is how to break the vicious cycle of being broke. By BEING wealthy, you are now transforming the signals you are broadcasting. You are emanating wealth and the laws of cause and effect have no choice but to bring to you what you already are. Now your actions will begin to bring to you the wealth you feel inside.

By being conscious of your states of being, you can choose to change them. The positive results will return to you without fail, following the natural laws of the universe.

Carina MacInnes is an author and entrepreneur who is giving away a free e-course with wealth secrets by her favorite mentor. Receive it now:

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powerful way to increase both health and wealth in your life. See her site here:

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