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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Nurture positive thoughts

By Ajay Pats

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The life you experience is nourished by the thoughts you think. What kind of nourishment are your current thoughts providing?

When your thoughts are filled with fear, with criticism, with anger, worry and selfishness, those are the things that will nourish you. You'll surely experience disappointment, anxiety and unhappiness as a result.

Instead, let thoughts of kindness, love, faith, hope and goodness fill your mind. You'll be nourished by those thoughts into the experience of joy, happiness, good health and achievement.

If a man carefully examines his thoughts, he will be surprised to find how much he lives in the future. His well-being is always ahead. It is our less conscious thoughts and our less conscious actions which mainly mould our lives and the lives of those who spring from us. Our emotions and our actions are not separate from our thoughts. They are all interrelated. Thinking is the gateway to our emotions—and our emotions are the gateway to our actions.

A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth... Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits, which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever-increasing accuracy, how the thought-forces and mind-elements operate in shaping his character, circumstances, and destiny.

Imagine how lousy you would feel if you ate a diet of nothing but junk food. Giving your life a diet of nothing but negative, limiting thoughts can have the same effect.

Thinking does not make it so. Thinking provides you with the nourishment you need to make it so. Make that nourishment of positive thoughts the best it can be. And your life will benefit greatly.

Ajay Pats is a professional manager. He runs inspirational ezine "Discover secrets of happy and prosperous life" accessible at <http://www.topica.com/lists/ventuermall> and community for home business entrepreneurs "ventuercon/home business" accessible at <http://groups.msn.com/venturecon>. He also manages real estate broking site "Real estate broker" accessible at

<http://realestatebroker.nexuswebs.net/realestatebroker/index.html> .

Don't let worries overwhelm you.

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As you move through this day, make it a point to replace troubled thoughts with thoughts of peace. Replace thoughts of weakness with thoughts of strength.

Replace thoughts of limitation with thoughts of possibility. Replace thoughts of anger with thoughts of compassion.

Let go of any thoughts of frustration and helplessness. In their place, put thoughts of creativity and empowerment.

Gather your various and scattered thoughts together, and point them all in a positive, productive direction. You'll be amazed at the power that's yours when each thought is working to enhance the others.

Your thoughts determine what you decide to do with all that you have. And you determine what your thoughts will be. Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything.

So put them to work in a positive way, moment by moment, day by day. Make them all thoughts that serve you well.

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