

This Free E-Book is brought to you by Natural-Aging.com.

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

WHAT YOU THINK UPON GROWS

By Stephanie West Allen

WHAT YOU THINK UPON GROWS by Stephanie West Allen

A magical maxim is WYTUG. You can remember WYTUG because it sounds like "Why tug?" So many of us are tugging at our life, trying to pull it along as if it was an obstinate, stubborn, headstrong mule. Why do that? Your life can be like the old children's song:

"Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream."

Read on to make your life a merry one full of all that you have dreamed.

Known For Centuries

WYTUG is an acronym for What You Think Upon Grows. That what you think upon or focus upon increases is not a newly discovered fact; many have known it since at least as early as the writing of the Bible (Phillippians 4:8).

Many more since then have written about this simple and yet profound principle -- Norman Vincent Peale, Napoleon Hill, Agnes Sanford, Dale Carnegie, Joel Goldsmith, to name just a few.

Our thoughts are very powerful; they are our mental magic wands. What we dwell upon becomes our reality. This simple fact is what makes our thoughts so powerful. If you cast

WHAT YOU THINK UPON GROWS

your attention upon poverty, you will attract poverty into your life. If you think about illness, you will get sick.

No matter what the situation — health, wealth, peace, happiness — thinking about the negative side will get you more of the negative; concentrating on the positive will get you more of the positive.

Too simple, you say? It may be simple but it is not easy. Watch your thoughts for a half day. How often do you think of the good and the positive, and how often of that which you fear or do not want? Many of us think much more about

the bad things in life and imagine these fears coming to pass.

Not a good move! Fearing a thing invites it to become manifest in your life. Think miracles instead. Wonderful, enchanting, golden miracles.

Fear, Fear Everywhere

Why do many of us find our thoughts drawn not to the wondrous, the marvelous, the triumphant, but to the pessimistic, the fatalistic, the creepy?

Perhaps it is because we are told so often what to fear — diseases, interest rates, crime, foods, chemicals, addictions, politicians, violence, road rage (and all the other rages du jour). One potential fear after another.

Regardless of what messages we may be hearing out in the world, we can hone our magic wands, our thoughts, so they bring us a good and joyful life. Our thoughts are actual things and they have a very tangible effect on what we get. We have the choice to think fear thoughts or fortune thoughts.

The Golden Key To Happiness

What do we do when we are having thoughts about things we do not want to attract to us? Say we are concerned about our finances and fearing our lack of money. Fearing something invites it.

Okay, so what do we do instead? We think about what we want instead of what we are fearing.

WHAT YOU THINK UPON GROWS

Perhaps we do not know what we want? Surprisingly, this is a problem with many people. You say to them, "Here is a magic wand. You can have anything you wish." They do not know what to wish for.

Until you know what you desire, here's a simple alternative method when you find yourself thinking of things you do not want. Emmet Fox describes the Golden Key: "Stop thinking about the difficulty, whatever it is, and think about God instead." Fox says that this Golden Key will get you out of any difficulty.

For those who do not believe in God, think of wisdom, truth, love, joy — something powerful and good.

Sometimes the thought of things negative are so persistent

you do not seem to be able to use the Golden Key.

Sarah was very upset at a person, too upset to turn to any lofty thoughts at all. As she filled a glass with water at the sink, her eyes rested on a spice bottle. She began to appreciate the red letters that spelled out "Cayenne Pepper." By turning to the red of the letters, she was able to lose the thoughts that had been upsetting her.

If you are overwhelmed with negative thoughts, find anything positive in your environment, no matter how seemingly trivial, and use it as your Golden Key.

The Simple Truth

Distill, purify, and refine your thoughts and you can have that of which you have only dreamed before.

"Merrily, merrily, merrily, merrily
Life is but a dream."

NOTE: May 31, 2002, is the first annual WYTUG Day.

Stephanie West Allen, JD, is the author of *_24 7 This! The Merry Method To Accelerate Success_*. Excerpts at <http://www.allen-nichols.com/success.cfm> She coaches people in using the two MerryMaxims, WYTUG (What You Think Upon Grows) and LULU (Loosen Up, Lighten Up), to achieve health, wealth, creativity, and harmonized relationships. Contact her at Stephanie@allen-nichols.com

All Lawns are not the same: Choosing your grass wisely

By David Nelson

All yards are not the same: Choosing your grass wisely

First of all, you should determine what your ideal yard will look like, as grasses can vary in color, leaf width, characteristic and growth density. Each little blade adds up! Second, you must consider how much time and money you really are ready to spend on your lawn. The higher the maintenance lawn, the more you will need to put into it. This is a very important factor. Third, your specific growing conditions will affect which seed you should choose. Things like the amount of sun, shade, rain, soil type, humidity and moisture can affect how your lawn grows. Finally, what will you be using your lawn for? Your investment may differ if your lawn is a play area or for show, or even for erosion control.

First things first. Before you can care for a lawn, you must plant one. And, there are several things to keep in mind when choosing what type of grass seed to purchase. This is because that grass seed can grow into very different lawns. This difference could mean a lawn filled with pests and weeds, or one that is low maintenance and looks great. Here are some factors that you should take in consideration while in the seed aisle at your local home and garden store.

Once you determine these needs, you will be armed with the information you need to make your decision on your seed. It all grows up from there! And, if it grows, it must be mowed.

Visit the

Lawn Care

Today

<http://www.lawncaresbook.info>

to Master the Art of lawn care!

WHAT YOU THINK UPON GROWS



This Free E-Book has been brought to you by Natural-Aging.com.

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