

As You Think You Become

An Inspirational Slap in the Mind To Wake You Up!

Learn a basic but powerful principle that I learned early on in the beginning of my journey into positive thinking and personal growth. The clear understanding of this principle initiated a series of events, learning, and the desire to seek the knowledge that began to change many areas of my life.

As You Think, You Become

by Valdemar Galvan. © 2012

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The purpose of this guide is not so as to make it an intense book on the subject of the power of our thinking but rather a suggested guide to inspire you to discover the truth and awareness about yourself.

Depending on the thoughts you choose to develop and nourish, your mind is the central point which then reflects from those thoughts the world outside as you currently see it, where your past thinking may have been a product of ignorance to awareness and knowledge, upon choosing to apply this knowledge you will now begin a path to enlightenment and hence happiness that will ripple throughout all areas of your life.

You are the maker of yourself.

The Product of Your Thoughts

You are what you think. Whatever you store in your mind and heart reflects your being. Not only does this reflect your being and your inner world but also begins to reflect in the form of your external conditions and circumstances. Plainly speaking, what you think, you are, and all this is product of adding all your thoughts together.

When you plant a tree you know this tree grows from a seed, without the seed there would be no tree. In a similar way that is how your thoughts grow, your thoughts would simply not grow and develop without planting the seed, in even simpler terms, without the seed the thoughts could not exist.

You can decide what your seed is made out of, negative thoughts that don't help you or positive thoughts that not only help you but even go beyond.

Whatever actions you take are like a flower is to the tree, or your thoughts. Whatever feelings of happiness or affliction you have within you, those are the fruits. You can harvest good fruit or bad fruit depending on how you choose to grow it.

However we grow our thoughts then, that is what we become. Our thoughts in our mind make us. If you have negative thoughts in your mind, pain will follow you everywhere you go. If you carry on with positive thoughts, happiness and bliss will follow you like your own shadow follows you in a bright day.

Growth is our nature; you cannot create growth by deception but throughout what you experience in life. You are a conscious being whose purpose on this earth is to grow. An enlightened individual is not made by chance or given to by preference of someone else. An enlightened individual is made naturally by the products of attaining the necessary knowledge and continuous effort in positive thinking, the result then is awareness and enlightenment. By the

same process, the continuous cultivation of negative thoughts leads to a closed-minded and blinded individual.

You make or break yourself. In your mind you develop, build, construct the weapons used to destroy your own self, but you also develop and create the tools to build yourself a house of happiness, harmony, peace, and strength. When you make the decision to choose a path of positive thinking where you will grow and apply the new knowledge you acquire as you go along, you will reach awareness on the true excellence within yourself in a powerful and divine way.

By choosing to abuse and cultivate the path of negative thinking, you will sink yourself in a hole where you will also only drag yourself deeper and down to a very low level. Realize then, between these two examples, that you were given the greatest tool of them all, your mind, and hence are your own maker of your life.

There are many things pertaining to who we really are that we buried throughout our evolution as we slowly became creatures of routine in the modern world. But this is changing now, and I have started to see this almost lost awareness starting to rise again in our age. Among the greatest of awareness starting to rise is that you are a creator and master of thought but the destructor as well, you make and shape your environment, circumstances, events, situations, conditions and from all that...Your own destiny.

Just as someone in the first century would not have been able to describe a car and therefore have no specific word for it, we really have no specific word for what we really are yet one thing for certain is that you are not a simple piece of meat and bone. You are an energetic conscious being of love, power and intelligence and you are the master of your own thoughts and mind, you hold the key and ability to shape your destiny and world to your will, that's what we were given. It is only up to us to decide to become aware of it and use it for our own good.

You always have this power, despite your worst moment of weakness and negative state, the only difference is that you become less aware of it and are prone to making the wrong turns in life. But if you are in a deep negative state and begin to think deeply about your condition reflecting on why you are there, you begin to question and search for the solutions which will eventually allow you to realize your true self and the nature of your being.

Doing this you will become wise, realizing and focusing your energy and intelligence to create much better and positive results. When you are conscious of the mastery of your being you will only discover within you the nature of your thoughts, and you will and can do so by attaining the knowledge (of which this particular book begins to inspire you to become aware upon), experience, and a very important one to apply what you learn.

Man has been capable of great discoveries through the ages, but it is only through their continuous searching that these discoveries have been made. If you but start searching for the knowledge with an open mind, will you start to find great discoveries about your being and true nature as well? Yes, you will discover that you can decide to be the maker of your own life and destiny by learning the power and how to take control of your thoughts and by testing that knowledge in yourself, and how it affects those around you including circumstances, opportunities and events.

Whoever sets him or she on a continuous search of self-discovery will find it, and those who find it will then be able to use it. It is only through search that you will be able to discover yourself.

As you get on-board a journey of search and investigation making use of the new knowledge and experience you gain by law it will begin to lead you in a direction where those who seek the knowledge necessary find it, and by finding it opening it. Remember that by patience, practice and on-going search will you be able to enter the door of self-discovery, and knowledge is the key.

How Your Thoughts Affect Your Environment

Your mind is very much like a garden. You can cultivate it strategically and intelligently or you can ignore it and let it go to chance. It doesn't matter which way you choose to let it run whether neglected or cultivated by natural law it will bring results either way. If you choose to neglect it and don't chose good seeds to put in the soil, all you will start and continue to get is a bunch of weeds, those will not be useful to you. As you let it run wild and without control all you will see are more and more useless weeds. That is not the purpose of a garden.

But if you take control of your garden and you really start to cultivate it, you keep an eye on it and take out any weeds to keep it healthy and clean, focusing on growing whatever flowers, fruits, or vegetables you need, so will you be able to pay attention to and grow the garden of your mind, taking out all the bad, useless, non-productive, and negative thoughts.

As you keep cultivating it, you will discover that you are the primary master of your garden, and with that, your own being. You will discover that you direct your life. You will also learn how the laws of thinking work and as you learn the laws of thought understand how to use that knowledge to your growth and benefit, how to change your life to a positive way allowing you to define your environment, circumstances, events and your destiny.

Your being and the power of your thinking are united into a single entity. Whatever happens around in your environment is a reflection manifested from your being, and since your being can only find itself through your environment and circumstances, whatever your inner state of being is like, will show up in the outside, it is related in harmony with whatever your inner self is like. It doesn't mean that your environment indicates the way your entire being is like, but it does mean that your environment is deeply connected with the core

of what your thoughts are like. This means that your thoughts then, are crucial to your personal growth and development.

Wherever you are in life right now is a product of your being. The way you think constructed your being, and that is what brought you here in the first place. You may think you are here by mere chance that people, circumstances, and other things on the outside are to blame but that is not the way it works. You have let yourself run wild without taking control of your garden. By law you have brought yourself up to this point in your life. Whether you are one who feels unhappy with your environment and surroundings or if you are one who is happy with it, the same is true for both.

Understand that where you are right now can change! In a way, where you stand now is a way for you to learn that you cannot grow and evolve if you remain there. As you learn the nature of your being, you will realize that one circumstance will make you learn and will also pave the way to another one as long as you choose to move on.

You will always remain where you are as long as you believe the causes to be from outside conditions. But the moment you realize that you can take charge of the soil in your garden and can chose the kinds of seeds to plant in it, your being will grow and you will then become your own master using the mind you were given.

Your circumstances and results will always be in reflection to your mental condition. As you practice self-control and strive to gain knowledge of self-awareness you will soon realize that whatever thoughts flow through you will determine your results.

The energy within you attracts whatever your mind cultivates; if it's love you will attract love, if it's fear you will attract fear. It can rise and reach levels of unlimited potential and marvellous aspirations or fall to a level of self-disbelief, self-sabotage, and fading dreams.

Every thought you allow to sink into your mind and plant itself there like a seed, will grow to produce its own blossoms and will then create its fruits according to its nature depending on what the thought is, if it's positive thoughts you will get good fruits, if its negative thoughts will produce bad fruit.

Your environment on the outside is given shape to from your inner world of thinking. Positive and negative conditions on the outside add to the vital good of yourself; and it works the same for others. Because we are all responsible for what we produce, and we also learn from suffering and harmony.

An individual does not usually go to jail by chance or by a fate that led to it in the first place, but through a path of destructive or negatively intentional thoughts and similar desires. On the same token does a positive minded individual simply fall into the claws of crime by external forces such as chance without first having built in secret a negative or destructive thinking energy within his mind and heart.

Circumstances don't create an individual; it simply reflects what the individual is. Your environment cannot exist where it is full of bliss and happiness without you rising your awareness and curiosity continuously for your personal development as it cannot exist where it is full of suffering and worry without you going on a downhill spiral of self-disbelief continuously. You as the greatest figures in our world and the great minds of our times are also a master of thought, you can make and shape yourself and from there, shape your environment. The combination of your condition of thought with your focus on your negatives or positives in life determines the outer circumstances of yourself in your environment reflecting strength or weakness.

You do not so much bring unto yourself that what you want but what you are. You do not have the same strength when focusing on ambitions, fancies and other wants with greed or similar energy, as you will be dissatisfied with them every step sooner or later, your inner thoughts and wants initiated from within however, will be fed with whatever food you give them be it positive or

negative. The energy that creates us is within ourselves. Your way of thinking can imprison you or can lead you into freedom, liberating you from old self-limiting beliefs. It is not so much what you wish or pray for but what you rightly earn. Your desires and prayers are heard and answered in accordance to their harmony with your thinking and your actions.

But what if you decide to fight against your circumstances? What does this entail or mean? It means that you are creating resistance, going off against a result that you don't want means you are putting effort and energy to it, and you do this consciously aware or subconsciously by your previous conditioning. Whichever way you resist your results with; you only call more on those results and keep attracting more of the same

On the light from this reality, exactly what, now, may be the meaning of "battling against circumstances"? It indicates that you are continually resisting against an end result, all the while always you are feeding and additionally conserving the cause in your heart. That cause normally takes the shape of a conscious or perhaps a subconscious weakness; but nevertheless, whatever it is, it stubbornly holds back the work of its holder, and consequently demands loudly for an answer.

You are anxious to enhance your circumstances, but you are not willing to improve yourself. You, because of this are left chained. The person who will steer away from self-sabotage will never fail to achieve the thing upon which his / her heart is. Despite you being prepared to create wealth, you must be ready to make sacrifices prior to being able to accomplish it.

Here is an individual that is underprivileged. He is completely burdened of the fact that his conditions and comforts can be better. Nonetheless always shirks his own position, and additionally accepts he has been justified in aiming to fool his boss about how unhappy he is with his earnings. This individual could not appreciate the fundamental rudiments associated with these concepts that are the first step toward absolute abundance. He is not only just completely unfitted to go up away from his misery, but rather actually is bringing in to

himself a definite deeper misery by dwelling in, and behaving along with, indolent, deceiving, and inhuman thoughts.

Take an example of a wealthy man that may be currently the victim of an agonizing and additionally chronic disease as the result of gluttony. He has been ready to contribute a large amount of money to get rid of it, and yet definitely not give up his gluttonous cravings. He definitely wants to satisfy his enjoyment for abundant and artificial foods and absolutely have his health also. This kind of individual is entirely unfit of having future health, as he has not yet discovered the essentials concepts associated with a healthy life style.

There is an employer that enters into twisted actions in avoiding paying of the legally required salary, and, hoping of constructing a lot more cash, lessens the income of his employees. This man is completely unfitted to prosper. And whenever he discovers himself broke, in regards to reputation and wealth, he places blame outside circumstances, not understanding that he is the only creator of his condition.

As you can clearly see from these previous examples, although it is almost always subconsciously, we are the cause of our own circumstances. Even though we mean for great and good results in the end we continually halt or frustrate our achievements by growing thoughts and desires that are not in harmony with our end results.

These examples can be replicated with so many variations you can definitely see it if you have doubts yet I don't think it's necessary. You can find and if you pay attention notice the effects of the thoughts that go in your mind and life, once you do this you will realize that simple external circumstances are not the real responsible ones for when it comes to seeing them that way as you may be interpreting them at this moment.

Your circumstances are difficult to understand as your thoughts are almost hard-wired in your mind not to mention the variations of happiness is so large

with individuals that the condition of your being can hardly be judged by someone else coming from an external view of himself only.

You can be sincere and honest in some things but experience hardships and deprivations; you can also be dishonest in some things alike but get your hands on wealth and get good things.

The beliefs that arise as a result of this is that you fail because you were being honest, or that you prosper because you were dishonest, but these beliefs are superficial which then leads to the beliefs that if you are insincere are then completely corrupt or that if you are sincere are exclusively respectable.

But there's a lot of error in these beliefs as you could be insincere but possess admirable qualities that a sincere person does not possess, or be sincere but have hateful qualities that another doesn't have. Regardless of whether you are more of an insincere or sincere individual, it really comes down to your thoughts and actions, and likewise will produce in your life your own misery and bliss.

It can be really satisfying for your ego to think that you suffer because of your good moral quality. But it is not until you have removed all weak, bitter, and poisoned thinking from your mind, cleaning the negatives from your being that will you find yourself in a position to know and affirm that your suffering is a result of your positive and not your negative qualities.

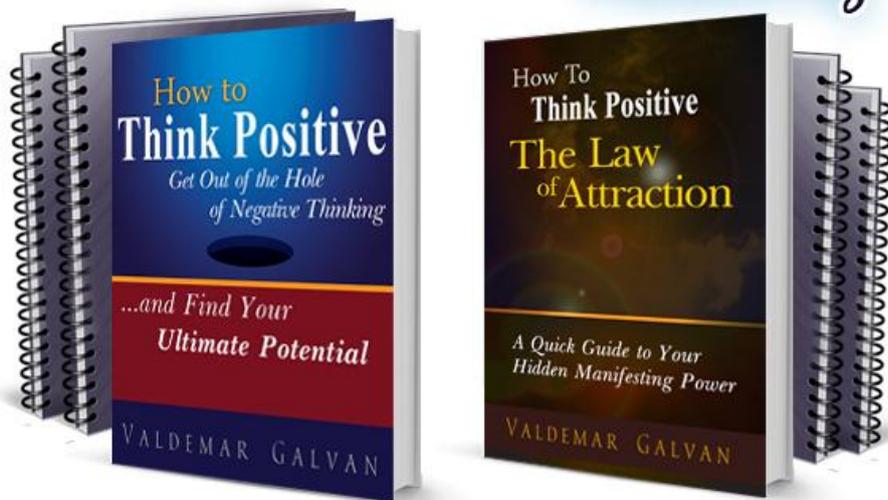
As you strive for excellence you will find within your mind and life a great law of the universe that is just and cannot give good for bad or bad for good. Once you are aware of this knowledge, you will now look to your past to all your ignorance and how you walked blind, that your life has been and was always just, realizing that all your past experiences and circumstances whether positive or negative were evenly handed due to your developing yet undeveloped being.

Positive thoughts and actions will never create negative results and negative thoughts and actions can never create good results. All this means is that you cannot create something else other than apples from apples or corn from corn, sure you can create a tortilla, but corn it remains, and all of us understand this by nature of our reality but only a few understand it from an our mind world.

Learn the discoveries I made that got me out of a dark hole of depression, lack, pessimism, unhappiness, and overall negativity and catapulted me into a life full of endless possibilities for success and better living through the power of positive thinking and more...

How to Think Positive
Self-Empowerment

Awakening



<http://howtothinkpositive.net/SelfEmpowered>

To your prosperity and success,

~ Valdemar Galvan

P.S. Positive Thinking CAN Change Your Life!

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