

Understanding of Positive Mind

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Abstract

Happiness, joy, health and a successful outcome in all action or situation are all about how if we believed something, we could make it happen. Surprise, calmness, relaxation and correct posture are the four basic principles in positive mind that we can make usefull in our lives. The power of positive mind is a mighty power that is always shaping our lives. Our mind can create everythings if we know how to use and conduct it. We can reach whatever level we can with a positine mind.

“Kegembiraan, kesukaan, kesihatan dan kejayaan yang datang dalam perlakuan atau situasi kehidupan adalah berkaitan bagaimana kita percaya sesuatu tersebut akan menjadi kenyataan dan kita berusaha merealisasikan. Kejutan, ketenangan, kesabaran dan pergerakan yang tepat merupakan empat perkara asas dalam minda yang positif yang kita perlukan dalam kehidupan seharian. Kuasa minda / fikiran positif adalah kuasa yang penuh dengan kehebatan yang membentuk kehidupan kita. Fikiran dapat mencipta segala sesuatu jika kita tahu mengguna dan mengawalinya. Kita akan mencapai tahap yang setinggi-tingginya jika kita mempunyai minda yang positive.”

Introduction

We enjoy inner peace and feel happy and satisfied when life flows smoothly and we have a good job, good relationships, good health, and our financial situation is good. When there is nothing to worry about, no tension and no hurry, we are at peace.

In day to day life it is not always like this. There is always something that causes worry, tension and lack of ease, and does not let us feel peaceful. In spite of this, we can enjoy peace regardless of our outer circumstances. Peace of mind is an inner state and is independent of outer conditions. Why wait for never for circumstances to be "right"? Why rely on outside circumstances to bring us peace of mind?

A person may be rich or poor. One may be healthy or sick, free, or live in closed cell. Inner peace and calmness is within reach of everyone. One can be a slave, the other free man, yet both have the potential to enjoy peace of mind.

Positive mind seems to be in this world but out of this world. It is experienced here and now, yet independent of outer circumstances. Inner calmness and serenity can be experienced even under the most trying circumstances. Of course some training is needed first.

Mind is the master power that molds and makes. And man/woman is mind, and evermore she takes. The tool of thought, and, shaping what she will, Brings forth a thousand joys, a thousand ills; She thinks in secret, and it comes to pass: Environment is but her looking glass. James Allen (1978)

What's the big deal about positive mind?

We all know that it's important to believe in ourselves, which was all about how if you believed in something, you could make it happen. But the reality is, sometimes it feels like it's almost impossible to have that kind of belief in yourself.

Positive mind means admitting into the mind only thoughts, words and images that are conducive to growth, expansion and success. It is the expectation of good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. Whatever the mind expects, it finds

Here's how. When we truly feel we can accomplish something, we're not nervous or tense about it. We're calm, relaxed, even your posture will probably reflect our confidence in ourself. Well - surprise - calmness, relaxation, and correct posture (along with positive mind) are the four basic principles. So what's the point? They're all interrelated. Inseparable, actually. If we think positive (believe in yourself), we'll be more calm and relaxed. But equally true, if we develop our ability to be calm and relaxed, we'll automatically have greater faith in yourself.

And what good is that? Well, it's shows us that the mind leads the body. But a whole lot of people believe that the mind leads pretty much everything else, as well, whether it be success in business, gold medals at the olympics, recovery from cancer, or happiness at home. Almost anything great that has ever been accomplished in this world was preceded by the belief that it could be accomplished, residing in some brave person's mind.

The power of positive mind is a mighty power that is always shaping our lives. This shaping is usually done subconsciously, but it is possible to make the process a conscious one. Even if the idea seems strange, give it a try, as we have nothing to lose, but only to gain. Forget what others might say or think about us if we change the way we think.

Always visualize only favorable and beneficial situations. Use positive words in our inner dialogues or when talking with others. Smile a little more, as this helps to think positively. If we feel inner resistance when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in our mind. Disregard any feelings of laziness or a desire to quit. If we persevere, we will transform the way our mind thinks.

Aware of a Negative Thought

Once a negative thought enters our mind, we have to be aware of it and endeavor to replace it with a constructive one. The negative thought will try again to enter our mind, and then we have to replace it again with a positive one. It is as if there are two pictures in front of us, and we choose to look at one and disregard the other. Persistence will eventually teach our mind to think positively and ignore negative thoughts.

It does not matter what our circumstances are at the present moment. Think positively, expect only favorable results and situations, and circumstances will change accordingly. It may take some time for the changes to take place, but eventually they do.

How to develop this positive mind?

The development of our full potential as a human being. So here are some specifics on how to go about it.

- Practice. The greatest help in achieving a more positive mind. They may not seem like much when we first practice them. But if we do them a few times a week (preferably, every day in the morning), the long term effect will be enormous. Read about them, look at the pictures, watch the mini-videos. Then practice them consistently. They really feel good.

- Work on it. These ideas are all about positive mind: Making it impossible for someone to bend our relaxed arm. Making it hard for two people to lift us off the ground. These things are only possible through positive thinking. When we catch onto these ideas, we'll have a much better grasp of what having a positive mind feels like. That's the big first step. After that, it's just a matter of making that feeling grow stronger and stronger.

- Practice believing in our ability to make a change. "Faith is believing what you know ain't so," said a character in one of Mark Twain's books. Once we believe something, though, we drastically increase the odds of making it so. Work on telling yourself that we have the ability to do something that's important to us. Just keep telling yourself what we

want to believe, day after day, several times a day - especially right when we get up in the morning, and just before we go to bed at night. We may not truly believe our words at first. But if we just keep at it, our "common sense" will give up, and we'll end up believing. Then we'll end up doing.

- A positive mind isn't developed by believing we can do easy things, and then succeeding. It's developed by believing hard things, and failing. ("Okay," we're thinking, "this guy has finally lost it.") Think about it. If we believe we can stand up, then we stand up, have we really developed our ability to think positive? That would be like Malek Noor thinking he could develop bigger biceps by curling a five pound dumbbell. But if we were constrained to a wheel chair, and each day we believed we were going to stand up, and we gave it a Herculean effort, and failed, but then continued to believe we had the ability to stand within us, man, we'd be developing an incredibly positive mind.

Positive mind isn't just believing in ourself. It's really believing in our world, our fellow humans, our universe. I think it's a little hard to just think good things about all that's around us. It's hard to just let go of our prejudices, biases, and preconceived notions

First and foremost, success mindset starts with reprogramming subconscious mind. Studies have shown that approximately 88% of mindpower comes from subconscious. That's where lifescritps are. And that can be changed or adjusted. No matter logic or resson - no matter desire or willpower - those are conscious thoughts. And conscious mind is only about 12% of mindpower. The 88% will beat out the 12% every time.

Reprogram a negative habits and install positive ones through success coaching and hypnosis sessions. Just like an Olympic athlete who uses coaching to reach his or her peak potential.. We can reach whatever level we truly desire - only if we subconscious desires it.

Our mind can create wonderful things -- if we know how to use it and how to send the right messages to our subconscious. Most people don't know how to do this. Instead, we go through life never really using the power of our mind.

Do we know that doctors now firmly believe that 75% of all sickness and disease start in the mind? **75-Percent!** That's a very large amount. That means that 75% of all the people who are sick today -- are only sick because they did not know how to use their mind. Doctors will even tell you that most sickness and disease are caused by stress. This is another event that starts in the mind.

Scientists have long said that we only use 10% of our mind. 10-percent -- that's it. Think of going through life only spending 10-percent of your salary? Could we do it? No! Yet we go through life only using 10% of our mind. That 10-percent is creating 75% of all sickness because we don't even know how to use it properly.

Now imagine if we just used 10% of our mind correctly? What would happen? What would happen if we learned to use 90% of our mind correctly? The results would be astounding!

Our mind is an incredible power -- but no one ever taught how to use this power. Throughout our entire life we've been taught how to do everything but no one ever taught how to use our mind. Creating Power teaches how to use the power of our mind.

Here's what will happen:

- Build our self-esteem and self-confidence so we'll have be able to see ourself successful.
- Develop a success mindset so we'll have everything we've ever wanted and desired.
- Increase our motivation which will move to act on our dreams.
- Find true happiness so no matter what happens, we'll have an internal happiness.

Life always gives us what we think about the most. Our bodies move us towards what we hold the clearest in our subconscious minds. Our lifescrpts dictate where we go in life. It's up to us to make the choice to succeed.

Consider what the power of positive mind can give:

- Control of thoughts.
- Peace of mind.
- Self-confidence.
- Inner strength.
- Will power.
- The ability to focus our mind.
- Better memory.
- The ability to decide and carry on our decisions.
- Better functioning in daily life, whether at home or at work.
- The ability to study and comprehend more quickly.
- Stop being carried away with every passing thought.
- Freedom from needless and annoying thoughts.
- Think when we want to, about what we want to think.
- Inner happiness.
- Help in developing psychic abilities.
- More powerful and efficient creative visualization and guided imagination.
- True meditation.
- Spiritual Enlightenment.
- And much more...

In order to create the things we want in life, we must first take control of our mind. It doesn't matter what else we do. If we don't learn to work with our mind -- nothing else will work. People ruin their lives because they don't want to use the power of their mind. No matter what, they refuse to take control of their mind. They refuse to work with it and

use it to its full potential. People struggle and then said "that's just the way life is. It was meant to be."

Try to calm our mind when we feel agitated. Take a step back in our mind and watch it. This has the tendency to calm and relax the mind. Develop concentration power and meditate. All these actions calm the mind and make it serene.

We will have to remind ourself incessantly to practice watching our thoughts, as our mind will probably make we forget. Do not give up and we will succeed. If we practice as often as we can, we will be on the way to success. It may take some time, but the effort is more than worthwhile.

We can also increase our peace of mind by developing the power of concentration, by meditation, by physical exercise and by correct breathing. The important think is, practice, practice, and practice.

Summary

The process of human change begins within us. We all have tremendous potential. We all desire good results from our efforts. Most of us are willing to work hard and to pay the price that success and happiness demand.

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