

THINKING THOUGHTS

Watch your *thoughts* Baby Love.
Become aware of their direction.



Do they usually: Stray into the **PAST**, Focus in the **PRESENT**,
Or Speculate into the **FUTURE**?

The important thing to realize is that
The past exists only *in your memory* and
The future exists only *in your imagination*.
Which means you are living in your head.

But that's only forward and back, existing only in your mind.

Another direction *thinking* takes is sort of vertical,
Ranging from Hi-Hope Pollyanna Sunshine,
Down into the negative depths of your personal hell.

Watch your *favorite* puppies, Baby Love.
Your repeated, dwelled on, thinking-thoughts are not innocent,
For they determine the Quality Of Your Life by:

- Influencing** your physical health
- Magnetizing** like-minded folks to you
- Shaping** your emotional stability
- Forming** false opinions that harden into beliefs
- Limiting** the range of your creativity
- Governing** your ability to recognize Reality
- Skewing** your perception of Truth

Baby Love, science says we are mostly water, and water flows in the direction of
least resistance.

That's mind-flow, and our thinking-thoughts being regulated by the outside
conditions and circumstances in which we live.

There, Life is happening **TO** us, and helpless we are.

Our Saving Grace is **Divine Will**—which allows us to switch the TV channel,
Read an inspiring book, un-friend some “friends,” or
Think about *that* which nurtures us.

What kind of thoughts are thinking you into being what you don't like?

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