

CHAPTER 11

YOU ARE WHAT YOU THINK

Overview:

Another foundation induction to build upon the power of our thinking to direct our perception and experience of life. Ensure any new awareness is solidified with an appropriate homework assignment to embody these learnings.

“YOU ARE WHAT YOU THINK”

Ask client if they ever drove a car with a stick shift?

As you sit there and relax with each breath, deeper and deeper, I wonder if you would be willing to consider some things I feel may be useful in helping you reform the way in which you construct the inner world in which you live each day. As pointed out by noted psychologist, Abraham Maslow, many years ago, we all build a mental construct of our world based on the education we received. Life, he said was always educating us...not merely in school but in the classrooms that many call the school of hard knocks. Yet if you were to allow yourself to drift back into your past-you may be curious to find how there were times and places you felt the inner feelings of love and safety knocked out-and inner walls of defense built to protect yourself.