

Another lovely benefit of trying to see the good in any situation is the way that you inevitably improve the life experience of people around you.

Obviously, when you're feeling good, it's more pleasant for anyone who interacts with you. Aside from that, however, you're also more likely to point out what's good about a situation, and help other people to also shift their perception of it from a negative to a more positive perspective. Indirectly, you can help them to feel better simply by showing them that it's not all bad.

While maintaining a positive perspective on life is clearly a choice, it's not always easy to do. Some situations are so extreme that they trigger pain and heavy emotions which you just can't easily get past. Choosing to see your life in a more positive way is not about burying your pain or anger and pretending that everything's rosy. When you're experiencing grief and other difficult emotions, you must allow these to be processed and expressed. At the same time, however, you can also intentionally seek out the blessings that this painful situation is bringing into your life, and simply acknowledge them. This attitude, in itself, will speed your healing.

In shifting your perceptions, the intention is not to have a 'perfect life' where nothing bad ever happens. Shit happens! You can't avoid that completely.

However, a lot of wonderful stuff is often happening at exactly the same time, and we miss it because we're so focused on the drama. The intention here is purely to shift your focus, so you can experience more of the good stuff, in spite of the bad.

## **SELF-TALK**

Listen to the things you say about yourself and your life.

The words you use to describe your daily experiences, whether in your thoughts or out loud, can tell you a lot about what kind of filters are influencing your life perception.

If you often use phrases which predict negative outcomes, or point out the worst possible aspect of situations, this shows that your attention is focused much more on the negative than on the positive. If your dialogue is overflowing with positive descriptive terms like "really nice", "wonderful", "just great", or you often hear yourself expressing thanks with phrases like "I'm so grateful for that", then this reflects your positive perceptions.

Aside from providing information about your state, your words also carry creative vibrations which influence your energy field and the patterns of your life.

Every word carries its own individual vibrational pattern. When you speak a word, or a combination of words, you send their vibration into the environment (both your internal environment and the world around you). These patterns can have an enhancing influence or a detrimental influence, depending on what words you use. When they settle into your energy field, they influence the way your life is expressed, the way you perceive things and the choices you make.

Thus your words both reflect your current perception of life and create your future experience.

If you say "my life is full of suffering", that is the truth. It's how you see your life. That perception colours every step you take and influences every decision you make. When you speak the negatives, you reinforce the negatives and draw them more strongly into your life. Likewise, if you regularly say things like "my life is easy", "I'm having a great day", and "I'm so blessed", in spite of any current challenges you may be facing, your life does become easier. By keeping your energy focused more in the positive, it helps to diminish the overall effect of life's disruptions. When you choose to reinforce only the positive, you also attract less negative experiences into your life.

