

The Story Counts!

By Marina Phillips

So much of what we think about goes unnoticed. Our thoughts fly in and out of our minds so quickly some days that we are only consciously aware of a small fraction of them. It's pretty easy to tell what a person is thinking about, even without being a mind reader. We need only listen to the stories they tell to know.

Everyone has a personal story. If thoughts have true power, as the current new thinking implies, then the stories we tell are the heavy beams that support them. One hears the foremost teachers reiterating continuously that 'our thoughts and actions must be in alignment'. Action includes speaking – speaking the life we desire into existence with faith and conviction.

Speaking isn't just words. Much of what we say reflects the beliefs and thoughts that inspired the words. It is easy to see that a person who speaks illness is very often ill. People who speak hardship are generally climbing mountain after mountain; and those who think they are small and insignificant tend to be treated as such by everyone around them.

By the same example, those who speak prosperity, prosper. Those who speak health, are healthy, and people who know in their hearts that their heart's desires are their purpose are happy and progressing.

The wisdom that comes from knowing this truth is that we can make a conscious choice to be aware of everything we say. Our thoughts may fly at breakneck speed through our brains, but we can be selective about what comes out of our mouths. Begin the practice of thinking for a moment before speaking. Use discernment about what subjects will be uplifting both to yourself, and to those around you.

Speak only the highest truth of your life and desires. Spread only well being everywhere you go. Make a conscious effort to clean up your speech, and your life will be brighter, more fulfilling; rich and deep and beautiful – because you speak it forth. We all deserve to receive this gift from ourselves. Let it be so for yourself!

Namaste!