

## The Pictures in Your Words

The subconscious mind deals in pictures, not words. For instance, if I ask you to think of a tree, you see a picture of a tree in your mind's eye and not the letters t-r-e-e. Think of a car and you see a picture of a car, think of a house and you see a house... and so on.

Now, the important part of this to understand is that each of these pictures has some type of emotional association to them... negative, positive or neutral. Negative words like war, crime, debt, disease, death, famine etc. conjure up negative images and these negative images trigger a negative feeling within you. Positive words like happy, love, peace, joy, family, etc. conjure up positive images which trigger positive feelings. We also have words that don't really have images associated with them such as "the", "as", "with", etc. Then we have words that do have images associated but don't have emotional connections (tree or sidewalk might be examples).

What you need to begin doing is paying attention to the words you use when you think and speak. If you spend a lot of time using negative words, you will end up feeling negative emotions which will cause the Law of Attraction to match you up with more reasons to feel negative.

So let's look at some examples to make this really clear. If you were to say, "I don't want to be in debt anymore" what images come to mind? You being in debt, right? And it probably doesn't feel too good, either. Now let's see what happens if we switch the idea around and say, "I have more than enough money to pay all my debts". Now what images come to mind? It's probably something similar to you having plenty of money and feeling confident and secure...and this image feels much better, doesn't it?

The key to creating with your thoughts and words is to use ones that generate positive images and feelings. Even though it may be "true" that you are in debt or you aren't married or don't have your dream home, etc. by repeating these "truths" and telling the same story over and over, you only reinforce it. To change your circumstances, you have to change your story. Start thinking and speaking about what you want to see happening and resist the urge to complain about how bad things are now. The present is only a temporary point in the play...if you can learn not to keep re-writing the same old script. Shakespeare said, "All the World's a stage and the men and women merely players" but I want you to start realizing that you're not just playing a part in the play...you're creating it. **You** are the writer, director, producer and star! If you don't like the performance, change it. Write a new script with better, more pleasing thoughts and words. Tell the prop people to bring in a new set and the casting director to send you a new leading lady or man. You're the star and all the "crew members" (the universe and its laws) are here to obey your orders. You just have to know how to talk to them...and now you know.

Blessings,

Jason Hundley