

AUTHORS' STATEMENTS ON THOUGHT-FOCUSED LIVING

The principle thesis of **BELIEF-FOCUSED CARE & HEALING** is that the content of one's beliefs are the primary determinants - other than one's genetic DNA - of each person's life outcomes, whether those outcomes are emotional, behavioral, intellectual, relational, spiritual or even physiological. This perspective that our thoughts, beliefs and attitudes as the core dynamic creating our life outcomes has been embraced by numerous writers over the ages.

Biblically, the wisdom handed down by the prophet David has been *"As he thinketh in his heart, so is he"* [Proverbs 23:7, KJV].

Buddha, the spiritual leader who began Buddhism, wrote, *"We are what we think. All that we are arises with our thoughts."*

Author John Powell describes it this way: *"What is most important, I think, is that our actions and reactions are determined by something inside us, by the way we see reality, by our attitudes"* [Powell, John, The Christian Vision, Argus Communication: 1984]. In numerous other writings Father Powell refers to one's attitude as one's *"vision of reality."*

The wisdom from Milton states *"The mind is its own place and in itself can make a heaven of hell or a hell of heaven."* [Milton, Paradise Lost].

Wayne Dyer states it this way: *"All feelings and behaviors have an ancestor, known as a thought..."* and *"Our futures are formed by the thoughts we hold most often. We literally become what we think about, and we are all given the gift of being able to write our own story."* [Dyer, You'll See It When You Believe It].

Earl Nightingale said, *"What you think determines what you become."*

William James wrote, *"The greatest discovery of any generation is that a human being can alter his life by altering his attitude."*

From Emerson's great mind we are enlightened with his statement *"Great men are those who see that thoughts rule the world."*

Even the noted golf author and teacher, Harvey Penick, says the same thing about playing golf: *"With good players, problems are nearly always mental. A simple thing to remember but a hard thing to grasp and do is this -- if you want to change yourself, you must change how you think"* [Penick, Harvey, Harvey Penick's Little Red Book, Simon & Schuster: 1992].

Caroline Myss affirms, *"We create our own realities."* [Anatomy of the Spirit. Harmony Books: New York, 1996].

David Swartz provided us this wisdom: *"Success is determined not so much by the size of one's brain as it is by the size of one's thinking.... There is magic in thinking big."* [Swartz, David J., The Magic of Thinking Big. 1959].

An unknown author has written, *"Our lives are not determined by what happens to us, but how we react to what happens; not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst...a spark that creates extraordinary results."*

Another unknown author put it this way, *"The currents that determine our dreams and shape our lives, flow from the attitudes we nurture every day."*

The great golfer and author, Bobby Jones, speaks about life using the metaphor of playing golf: *"Golf is played mainly on a five-and-a-half inch course...the space between your ears."*

Shakespeare's wisdom is noted with his pen, *"There is nothing either good or bad except that thinking makes it so."*

Abraham Lincoln stated it as follows: *"People are about as happy as they make up their mind to be."*

Norman Vincent Peale has said, *"Change your thoughts and you change your world."*

Francis Bacon said it in this manner, *"The mold of our fortunes is in our own hands."*

Stephen Covey, author of *The 7 Habits of highly Effective People* contributed his wisdom in these statements,

"We must look at the lens through which we see the world, as well as at the world we see, and understand that the lens itself shapes how we interpret the world... We simply assume that the way we see things is the way they really are or the way they should be. And our attitudes and behaviors grow out of those assumptions...."

"Paradigms are powerful because they create the lens through which we see the world... If we want to change a situation, we first have to change ourselves. And to change ourselves effectively, we first have to change our perceptions."

The Nazarene carpenter, Jesus, turned teacher said it crisply, *"As you think, so shall you be."*

My favorite reference that I recommend for everyone's reading is the short volume by James Allen, titled, *As a Man Thinketh*. James Allen presents this thesis very powerfully in this metaphor:

"A man's mind is like a garden, which may be intelligently cultivated or allowed to run wild. But whether cultivated or neglected, it must, and will, bring forth. If not useful seeds are put into it, then an abundance of useless weed seeds will fall into it, and will continue to produce their useless kind...."

Every thought-seed sown or allowed to fall into the mind, and to take root there, produces its own, blossoming sooner or later into act, and bearing its own fruit of opportunity and circumstance. Good thoughts bear good fruit, bad thoughts bad...."

Of all the beautiful truths pertaining to the soul, none is more gladdening or fruitful of divine promise and confidence than this – that man is the master of thought, the molder of character, and the maker and shaper of condition, environment, and destiny."

Many other persons undoubtedly affirm the same principle in yet different expressions.