

HERE'S PROOF YOUR THOUGHTS MATTER

The human mind is a powerful tool that can create amazing things, both big and small. Every day, all over the world, people are experiencing mini "miracles" that are made possible by the power of the mind.

Do you want to experience one right now?





CAN YOU TASTE IT?

OK. I want you to imagine that you're looking at a fruit basket in front of you. Pick out the biggest, juiciest looking LEMON from the basket.

Next, reach for a cutting board and cut the lemon in wedges. As you do so, you see the lemon juice run out underneath the cutting board. You take one wedge of lemon and hold it up to your nose and smell the refreshing fragrant citrus oil scent.

You then stick the fleshy part of the lemon into your mouth... then give the juicy pulp a nice squeeze with your mouth. As you're imagining this, your mouth, if like mine is producing saliva and your muscles around your face may be contracting and perhaps you may have even swallowed the imaginary juice.



WHY DID THIS HAPPEN?



Really think about it! Why did this happen to you?
Your physical reality didn't change one bit, did it?

Nope! However, Your body (your physiology) responded to the lemon as if it were 'new' in your environment.

Okay, but why did this happen?

THE WHY = THE POWER OF YOUR MIND.

LESSON:

Our thoughts are powerful and create our world!
We experience what we think, and the quality of our thoughts determines the quality of our life.

**"WATCH YOUR THOUGHTS, THEY BECOME YOUR BELIEFS.
WATCH YOUR BELIEFS, THEY BECOME YOUR WORDS.
WATCH YOUR WORDS, THEY BECOME YOUR ACTIONS.
WATCH YOUR ACTIONS, THEY BECOME YOUR HABITS.
WATCH YOUR HABITS, THEY BECOME YOUR CHARACTER."**

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**"Change your thoughts and
you change your world."**

— Norman Vincent Peale

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