



Renew your Self

All you are is change! Change is happening all around us and within us all the time. It could be said that change is the only constant in life!

You're changing all the time, whether you like it or not. In fact, you're not the same person that you were at the beginning of this sentence. Yet we humans are often resistant to change, sometimes blind to it, and perhaps a little too complacent with the familiar at times.

Of the roughly 60 thousand thoughts that we have per day, 95% of those thoughts we had yesterday and the day before, and the day before... Since its now quite common knowledge that our thoughts create our reality, it seems as if we're often living our lives like hamsters in a wheel.

Typically what prevents us from going with the flow in life as it unfolds is our fear of change - because of the uncertainty that it brings. So if we're not like hamsters, then we're often like salmon beating our way upstream just so that we can stick to what we're familiar with. So we keep doing what we've always done - and getting the same old results. Life thus becomes very mundane and habitual (and I don't mean the resourceful kind of habits). Eventually a kind of mental rigor mortis sets in leading to boredom, frustration, lifelessness and depression.

But Jevon, that's how most people live their lives!

Yes, but it doesn't have to be like that. Life is about creating your Self. Each new moment offers you the opportunity to make fresh creative choices, to think new thoughts, to renew yourself.

Do you always respond to people and situations the way you would like to, or do you find the same old patterns running in your life? One definition of insanity is trying to get a different result by doing the same thing over and over. Ladies and gentlemen; if you want something different, you've got to do something different!

"The kind of thinking that got us where we are is not the kind of thinking that's going to get us where we want to go.

- Albert Einstein -

Do you want to know the meaning of life? It's is the meaning you give it! The quality of your life right now depends on your current mental and emotional state which then influences the meaning that you give your current experience. The secret to freedom and happiness is being able to access your desired state any time. Right now your perceptions are shaping your reality and forming your model of the world. However, no matter what you think you are, you are always more than that!

Each of us has available to us all the resources that we need to achieve what ever we want in life. There are no un-resourceful people; there are only un-resourceful states. So to get what you want you need to be in the mental and emotional state which attracts that experience. It's useless trying to achieve a particular state in order to experience it. Experiencing your desired state now is how you will achieve it.

Okay Jevon I get it, but how do I simply experience my desired state?

Have you noticed how a depressed person holds their body? To switch from depression to happiness, lift your chin, look slightly upwards, relax your shoulders, take a deep breath into your tummy and let it out slowly while imagining yourself smiling and thinking a positive thought. That's right...act as if...until you Are!

Do you want to improve your life right now? Pay attention to the state that you want to change. Then decide how you'd like to feel instead – and make sure that's a positive and resourceful state. Now shift your physiology, breathing and thoughts to how you want to be. Voilà! Do this every time you experience the unwanted state, until you re-program your nervous system with a new way of experiencing yourself. Fake it until you make it, if you must!

"You must be the change you want to see in the world."
- Gandhi -

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