

## How Positive Is Your Outlook?

By Rhoberta Shaler, PhD

Henry J. Kaiser has said, "When a tough, challenging job is to be done, I look for a person who possesses an enthusiasm and optimism for life, who makes a zestful confident attack on his daily problems, one who shows courage and imagination, who pins down his buoyant spirit with careful planning and hard work, but says, 'This may be tough, but it can be licked.' " Is that your outlook? It could be!



Some people use positive thinking to remain in denial of events, feelings and circumstances. This allows them to postpone dealing with things indefinitely. Positive thinking, though, is a powerful tool once you realize how the mind works. Remember that the brain cannot tell the difference between an actual "real-time" event and the playing of the same event in the mind. That is why affirmation and visualization work! Are you using these tools every day?

You could be stopped by insufficient self-love. As soon as you read that paragraph above, you might have been thinking about how busy you are, how little time you have. You might think,

"I'm not in denial. I'm just busy. What would you have me give up? Who would you have me not take care of? Who shall I not spend time with?" And my answer to you would be:

Begin by spending time with yourself and with reflection on your relationship with God." When you are thinking you're so busy, you may well have left the most important two relationships out of your life. It is not selfish to spend time with yourself. Did you think it was? If so, that's clutter in your life. Someone who may have wanted you to feel guilty gave you the notion that other people are far more important than you and your desires. I know I was given that as daily fodder. Think about it.

Today is a great day to begin mothering yourself in the most loving, constructive way. You are here to offer your unique gifts to the world...and you have many. Guess what? You cannot do that unless you know who you are. And, you cannot know who you are unless you spend quiet time with yourself. We are so busy running that we never catch ourselves. We're wasting precious moments of life. At a minimum, we are mis-using them.

It's much more than positive thinking. There is science behind it. The human cortex is composed of some ten billion neurons, each with numerous axons which form synapses between the neurons. When you think, remember or imagine, these neurons discharge an electrical current which can be measured. The same is true when you learn something. Neurons form a new pattern in your brain tissue. This pattern is remembered. They are replayed, or reactivated, whenever you remember a past experience.

The important thing is that these neurons...and all their little friends in the mind and body...is programmed by our thinking. (Oh, darn! There goes that personal responsibility thing again!) Are you consciously focusing your thoughts on good, on gratitude, on what you want to create in your life? Your thoughts are creative—CONSTANTLY! Wherever your mind dwells most is what will manifest. That's not rocket science. It does take vigilance.

Recent brain research states that the brain contains over a trillion brain cells and that, by the end of an average life span, most people have only activated or partially activated 2.5% of them! Are you using your mind to its fullest? It takes fewer brain cells to understand a positive statement than a negative one. Are you using that information to affirm yourself and your desired outcomes? Remember, too, that taking time during the day to read your affirmations is valuable, however, it is the dominant thoughts that win the day. There is little use in focusing on conscious affirmations morning and evening if the rest of your thinking is in fear, scarcity and lack. Those little neurons work all the time, not just when you're thinking about them!

So, how positive is your outlook? How conscious are your thoughts? Take charge of your 'mental act' and see the results.

P.S. That's why I wrote 'What You Pay Attention to Expands'. I hope you have read it. If not, it just came out with a new cover and is available at <http://www.yourspiritualhome.com/shop/index.htm>

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**Dr. Rhoberta Shaler**, the founder of *Spiritual Living Network™* and Spiritual Director of [Your Spiritual Home, Online Center for Spiritual Living](http://www.YourSpiritualHome.com) is ordained in the New Thought tradition in 1994, *her mission is "to uplift, inspire and motivate people worldwide to find joy, peace and success by living in alignment with their spiritual values, beliefs & principles."* She is also a 'people skills' expert—a noted speaker, author, executive coach and founder of *the Optimize! Institute* in Escondido, CA. [www.OptimizeInstitute.com](http://www.OptimizeInstitute.com). Dr. Shaler works with organizations that know their people are their top resource and with leaders who know that building relationships is a top priority. She is the author of *What You Pay Attention to Expands* and *Wrestling Rhinos: Conquering Conflict in the Wilds of Work* as well as more than a dozen books and audio programs. You can receive her e-book, *No Limits! No Doubts! No Kidding!* and inspiring screensavers for your computer with your free membership at [www.YourSpiritualHome.com](http://www.YourSpiritualHome.com). Rhoberta is also the Spiritual Living Mentor with Women's Support TEAM at [www.womenssupportteam.com](http://www.womenssupportteam.com).