Gaining Positive Energy

Posted by LeslieAValentin - 21 Jun 2011 19:50

There are a lot of questions about how to draw positive energy to oneself and if this can boost your health and immune system.

First, I want to say that yes, positive energy can help your health and immune system, but it does more than just that. Emitting positive energy is like having a magnet of happiness beaming; a bright light in a dark room.

When we focus on negativities, it is like a sub pump drawing away our energy and strength. It affects our physical, mental, spiritual and emotional being. And, you will feel like Eyor from Winnie the Pooh where you just can't seem to get rid of that little black rain cloud.

So, how do you gain positive energy? Here's some things to live by that will keep you going.

01. Don't rent free space in your mind. That's what I tell folks. When you let others under your skin, it affects only you and you give them power they were possibly not even seeking. Only you have the power to let someone else upset you.

02. You must love and accept yourself for who you are. We will never be perfect and there is always room for improvement. But, remind yourself of all the wonderful aspects that make you for who you are. And, as each day passes, make your list of likes and loves longer.

03. The past is the past and it cannot be changed. All of us have had something happen in our lives that was anything from unpleasant to horrific. Untie those binds that hold you to those memories and stop living with the what if's, could have's and blaming yourself. Living in the past leaves nothing for the present or the future. In addition, you will never be able to like or love yourself when you cling to those disappointments, hurts and resentments.

04. Once you've decided to put the past behind you, you need to learn to forgive. This includes forgiveness of self. To forgive means to let go ultimately and unconditionally. This isn't saying to forget, however. But until you can make peace and forgive, you'll still be bound to the past. The hardest thing to do is to forgive another, much less your self. But you need to tell yourself - I am sorry and its okay to regain your life...even if it's one day at a time. I love you and I forgive you.

05. Toxic people are folks to avoid. We all know them. These are the people who act out, complain consistently, are controlling, jealous, manipulative, insecure, disrespectful and pulls you down physically, emotionally, mentally and spiritually. Toxic people are emotional vampires.

06. Understand that you have the ability to pull yourself into good health and can eliminate negative thought processes. What in your life is stressing you? Think about it. Perhaps your plate is overloaded and your glass is overflowing. Prioritize your life first and then organize the side dishes - your family, friends and career. You will gain from letting harmful things or persons go.

07. Remember to stop and smell the roses. It's not just an addage. It's a way of life. Be happy. Slow down and see the little things in your life. The miracles will appear to you and the blessings will be abundant. When you stay focused and happy, you release the disease of discontent.

08. Never be afraid to laugh. Laughter really is good medicine; and not just because Dr. Patch Adams said so.

09. Treat others the way you would want to be treated. Literally. Wish others a good day or compliment an outfit or hairstyle. In addition, don't forget to tell yourself to have a good day. And, if things get off course, you alone have the power to restart your day at any hour.

10. Be choosy with who you talk about and share with illnesses, etc. Don't use any of these as a crutch or an excuse. Accept it for what it is and make something positive out of the situation. When you lean on illnesses or talk about them on a regular basis, you will attract those who need to live through dis-ease. Become the beacon of light instead of the candle snuffer.

If you apply all of these tips to your life and live by them, your gain of positive energy will be the cup overflowing.

==========

Re: Gaining Positive Energy

Posted by undertaker1 - 21 Jun 2011 22:03

_____

Awsome post again thank you.

==========