

SECRET # 2 - POSITIVITY

*“One ought, every day at least,
to hear a little song, read a
good poem, see a fine picture
and if possible, speak a few
reasonable words.”*

Johann Wolfgang von Goethe

Now that you have tested the intensity of your desire you are ready to make another huge discovery that may change your life like no other.

For me the information you will receive below was an incredible find. It made me realize how I had become the way I had. Hopefully it will give you some insight into your life as well.

It is now widely accepted that by the time we are seven years of age, 90% of all the learning and knowledge we will have in our lifetime is achieved. We will have learned to walk, talk, think, and have many of the coping skills required for surviving in our lifetime. It is this programming that will influence whether we will succeed in life's endeavours or not.

Given this, it has been stated that only conscious effort will change this programming. Let me digress for a moment and differentiate between conscious and unconscious thinking.

There is a saying that you will never forget how to ride a bike once you have learned to do so. This is an example of doing something unconsciously. Another example of this is driving a car. Once we have gone through the learning curve of how to drive, driving becomes automatic. We no longer have to be consciously aware of where to place our hands on the steering wheel or how far to depress the accelerator. By practice we instinctively know what to do and no longer have to be conscious of what is the next thing to do. It is like autopilot on an airplane.

Having said this “consciousness” is the act of being fully aware of knowing exactly what we are doing at every moment. It is being fully alert and aware as to what is going on with and around us.

So how does our childhood programming relate to Secret #2 - **POSITIVITY**? First of all, have you heard the saying that a “bad apple spoils the lot”. Well this presumes that a rotting apple will influence the other apples in the basket to rot as well. Likewise it is so with our thinking. People with a positive attitude far outperform those with a negative or so-called “bad attitude”. Invariably the people with a positive attitude tend to be the people we want to be around. They are the ones to get promotions first and have a greater success rate.

So how do I develop Positivity? The first step is to examine what and where your programming came from. Remember that by age seven you already had 90% of that programming or learning. If that programming was negative then you will have internalized that negativity. Have you ever been told, “you were bad” that “you would never amount to anything” that “life is hard and you better get used to it.” Well these are examples of negative programming. Like all programming it operates within you, unconsciously without your knowledge constantly re-enforcing that negativity throughout the day and your life.

It is vitally important to your life that you eliminate this programming that was created for you, not by you, by people who were in a place of influence in your developing years and your past life. If you had a choice would you want to have the programming that exists within you? If you hear yourself talking like your mother or father it is because they were the primary programmers in our lives. So what do you hear them say through you? Is this what you would like to be saying or having someone else hear? You do have a choice to adjust this programming. It will not be easy, as it has taken a lifetime to have what programming you have and the fact that in the early years of our lives the programming is fresh and has not been ingrained within us by constant repetition. It will require this same repetition for us to reverse or unlearn what we speak and believe and which may not be working for us any longer.

Once you have examined what your programming is and where it came from you have an opportunity to change it. You can turn a negative into a positive. Using affirmations can do this.

Take a negative statement that you use and reverse it. For example if you are always late and saying, “I never arrive on time” you would reverse it and affirm, “I am always on time.” Even if you are not exhibiting the behaviour at that moment eventually you will re-program yourself to believe it and develop the new habits Remember repetition is the key here. It will take time to de-program.

Here are some samples of some great affirmations:

“Every day and in every way I am getting better and better”
“I am highly comfortable in the presence of others”
“I complete all tasks that I start”
“I like myself more and more every day”
“I am a dynamic driving force”
“I am competent at all I do”
“I am successful at everything I do”
“I am a great parent”
“I complete excellent work every time”
“My income increases every day”
“People like me and I get along with everyone”
“I love myself and all that I do”
“I am good at all I do”
“Each day I become more organized”

“Though I may suffer temporary failure I achieve my goals”
“I learn easily and get good grades”
“I look great even on bad days”
“I like who I am becoming more and more”
“I see projects to completion and am successful at all I do”
“Life is easier and easier each and every day”
“I like myself and who I am becoming”

One of the things I feel goes hand in hand with Positivity is gratitude. What is gratitude? Well this is what gratitude looks like to me. My father in law, who is now deceased, left one lasting impression with me. During his lifetime he led a fairly simple life, with seven children, five boys and two girls, and my guess is he had little time for exotic stuff. He continued to work in a highly labour intensive job in dry walling until his sixty fifth birthday. To this day what struck me about him was that he said “Thank you” more often than anyone I know. At first I thought this to be somewhat strange. It took me a while to hear those two words so often. In time I realised here was this person who somewhat did not have huge financial success but had incredible family success via his wife, children and grandchildren and truly appreciated what he had and was thankful for what he had. How many of us have that much gratitude that we say “Thank You” for everything we receive. The day of his death was one the saddest days of my life and I appreciate the legacy Poppa George has left with me. “Thank you Poppa George.”

It is amazing how even small gifts that we receive can be huge gratitude givers. I remember receiving a pen from someone as a gift and for whatever reason I had this big smile on my face. First it was so unexpected and from someone that I did not expect, that when I did receive it made my day. So here is a hint, pass along some gratitude. It does not have to be costly. I used to love walking along the footpath of the Juan de Fuca Strait in Victoria, BC. Why, because people who passed you on the footpath would always smile at you and say “Hi.” How much does it cost to wave to people or shake hands with them when you meet or how about a hug for someone you know and love.

Other items that may affect your positivity is your languaging and keeping perspective on things. What do I mean by languaging. I believe that we all have an inner compass that tells us right from wrong without ever having someone to tell us to do this, or not to do that. I believe this comes from being a spiritual being on this planet, we automatically know right from wrong. So when we use foul, or abusive language or curse and cuss, our inner being knows that this is wrong. In addition to this inner guidance it is generally socially unacceptable to use offensive language it could be a lack of ‘okayness’. Why would you use offensive language in the first place? Is it to be one of the gang? Is it because you do not feel okay? Is it because of stress? Secret # 8 – Stress deals with stress and what stress is about and could assist you in this regard. This type of languaging does nothing to express our positivity. Use Exercise II of this secret to help you eliminate the use of inappropriate language.

Another languaging issue is keeping things in perspective with the words that we choose to speak. For example if every sentence you use is an exaggeration then your inner being knows this. Here are some things that would qualify as exaggerations; “I feel like the

weight of the whole world is upon me”, “It feels like I was hit with a ton of bricks”, “Nobody loves me”, “The whole world is against me.” “I can never do anything right” “My co-worker is so much better than me at everything.”

What are you teaching yourself with this type of languaging, most likely that everything is out of your control because it is so huge or large that you cannot over come that obstacle? Be aware of your languaging. Consciously choose not to use exaggerations. Yes we all use them, but not for every other sentence that we speak.

Unfortunately, you have a lifetime of programming that you will have to over-ride and this will take time. Write down your affirmations on a piece of paper, carry them in your purse or wallet and repeat the affirmations several times a day. Or have the affirmations at your bedside and repeat them when getting up or going to bed. Develop a habit of doing this or it will not work and you will be repeating the old negative programming. Remember it took years to develop the negative programming and it will take time to replace it with positive affirmations.

Remember "Positivity" will win the day!

EXERCISE: I

Listen to your self-talk. Self-talk is the little voice in your head that makes comments as you go through your day. Is your self-talk positive? Do you hear yourself say a thing like “Hey, I did a great job of that!” or is it negative “Gee, that looks horrible, I am not very good at this.” Listen to that self-talk. Every time you hear the voice in your head speak, pay attention to what you are hearing and list them for a few days or a week. Then turn the negative self-talk into positive affirmations that you will list and repeat several times a day. Soon you will discover that you will turn your negativity into positivity.

EXERCISE: II

Again, this exercise is based on listening consciously to your self-talk. When you hear that little voice go off and it is being negative or berating you or anyone else for that matter, say “CANCEL.” You can do this mentally or aloud. If you do it aloud it has more influence. In effect you are saying, cancel to that belief. It is a belief you no longer want to hold as true and therefore by saying, “cancel” you are cancelling that belief and over time you will reduce the amount of negative self-talk. Be patient with yourself. There will be a lot of cancelling as you first journey through this exercise.