



REACHING THE PEAK

Through The Power Of Positive Thought

How High Can You Reach

Where Is Your Ceiling

**Learn To Control
Your Mind**

**Find Inner
Peace &
Calm**

Bspoke eBooks

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CHAPTER 1

THE POWER OF YOUR MIND



Introduction

Do you know that you have the capacity to take your life to an incredible level with the intelligence embedded inside you? Yes, you do wield that power and it isn't surprising that most people do not know how powerful they are. For us to live a life where happiness and abundance are rife, we must learn to work with the intelligence we have and please ourselves with the wealth, health, friendship, love, richness, happiness, and freedom that we are naturally expected to enjoy.

For us to create poverty and sickness or wealth and happiness, a very powerful instrument we can use is our thoughts. Most of us allow our thoughts to serve as an obstacle to our greatness and this explains why the wealth, health, and freedom we're supposed to enjoy become elusive. You must change your thoughts if you desire to change your life because your life is created by your thoughts. If you let your thoughts work against you, it's very likely that your life may not become what you want it to be.

The interesting thing about all of this is that you're the pilot of your thoughts and you alone can choose what you want to think about. And, of course, this means that you can enjoy the results you want since you can choose and change your thoughts — you're the guardian of your thoughts and you're the master of your head. Your thoughts can be controlled by you alone because your mind is yours and without your permission or a loophole you allow, it's impossible for anybody else to put a thought in your head.

Looking at how important our thoughts are, it's very crucial that you don't think of something you really don't wish to happen. Quit thinking about the possibility of losing your girlfriend or boyfriend if you don't want to lose your relationship. You need not think of how fat you'll be if you don't desire to be fat. Don't think of having a heart attack and collapsing when you're not ready to die.



Rather than give room to these thoughts that are destructive, decide to focus on thoughts that refuel you and make you feel better. Think of how loved you are, how intelligent and handsome you are, or any positive thinking and you'll be surprised to see how these things begin to manifest in their little and subtle way. Your thoughts come before your emotions and actions and it's what you think that often determines how you'll feel and act.

Looking at how significant it is for you to learn to become the master of your thoughts as this is essential for a better life, you must henceforth become more conscious of your thoughts, and thankfully, this book contains all the information you need to direct your thoughts resourcefully and enjoy the outputs of positive thinking.

So in this book you will learn the Power Of Positive Thought and you can decide where you feel comfortable to set your own ceiling.

Chapter 1: The Power of Your Mind

One of the most useful and best strengths you can have is mind power. Based on what your mindset is, you can create obstacles or opportunities, unhappiness or happiness, failure or success when you blend in your imagination with your mind power. Your reality is affected by your thoughts because of how powerful they are when they mix with your emotions and focus, they become very potent and serve as the main portion of the mind power.

Virtually all the things that happen in your life are caused by the thoughts running in your mind and your predominant thoughts are responsible for shaping your reality. They affect your reactions and actions, and they have a significant influence on your attitude and behaviour.

Massive changes can be created by powerful thoughts but weak thoughts barely leave any effect. Your thoughts, your mental images, and your attention are what make up your mind power. Your mind and thoughts are as powerful and invisible as the wind and your reality can be strongly affected by these invisible and subtle thoughts because our thoughts carry enormous energy. You must understand that your life is just as your thoughts are.



The Creative Power of Thoughts

Take a deep breath and imagine that your mind is a screen; a screen that displays a video, and this video is your thoughts.

Now, you should know that the kind of experiences you meet and the way your life turns out is determined by what you choose to play in that video.

You have the capacity to influence the minds of other people with your mind power and while you can as well use it to foster a tangible change in your life, this power can also be trained and strengthened.

In the law of attraction and creative visualisation, one can never shrug back the significant role played by your mind power. You can think of it as seeds.

Before they can blossom into a healthy state, you need to apply the treatments they need such as the application of fertilisers, if necessary, and watering them.

Your thoughts have the potential of experiencing massive growth if you give them your attention and they can manifest in your life and get powerful because they're like seeds.

What makes your thought strong and indomitable is your enthusiasm, interest, and attention.

You will notice how powerless a thought can be when you show no interest in it. While it's likely that you'll find this unbelievable and strange, it's very important that you're paying close attention to what you think because the life of some people, and even yours, in particular, can be affected by powerful thoughts.

Your subconscious mind is strongly affected by your thoughts and this goes further to impact your actions.

When Does This Power Manifest?

Your thoughts have the potential of coming true and their manifestation is usually ushered in by repetitions. You can think of it more like practical daydreaming. For you to utilize and harness the power of thoughts, here are the things you must do:

- * **Whatever it is that you desire to achieve, relish in the visuals by using your imagination.**
- * **The next step is to be very detailed about this mental scene. Think of the scent, sound, color, and any other thing that can help you add life to it.**
- * **Now, have the belief that this thought of yours will come to manifestation one day and never stop visualising it.**

One of the things we do not know about our subconscious mind is that it doesn't separate imaginary experiences from real experiences because all the mental pictures you feed it will be accepted as real ones. Consequential to that, it's best that you use this to your advantage, let your subconscious mind's images roll with the reality, and use this to receive opportunities and make some laudable and worthwhile changes. You'll be surprised that in a natural way your frequently visualised objects, situations, and actions will happen.

Nevertheless, you should know that your attention, time, and how fervent you are with your thought determine the manifestation of this reality because it just doesn't happen overnight. The beautiful thing about this mind power is that it becomes a driving force prompting you to become more aligned with what you seek. You can always use it for virtually anything, ranging from changing circumstances and improving health and relationships to building a business, promotion at work, acquiring possessions, attracting money, and building helpful skills and habits.

As it is, it's very significant that you do your best to repel negative thoughts. Be very careful about what you think about. Know that your success or failure is largely determined by your imagination and thoughts and you have to become more conscious about how your thoughts affect your life by paying more attention to them. Additionally, you should also know that you wield the power to naturally harness this mental force when you have a full grip on your thoughts and visualisations.



3 Reasons Why you Must Learn to Manage Your Thoughts

1. For your Physical Well-being

A healthy mind is a healthy body. If your thinking pattern is not okay your physical well-being is in danger, and if your physical well-being is left unattended to, your thoughts are vulnerable too. When your body and mind function perfectly well, then you can say that you have good health.

To promote healthy thoughts, you need to give your brain the rest it needs by making sure that you get adequate sleep. You can also enjoy a sense of peace and calm your mind by practicing mindfulness. Eating healthily also works. You'll get to realise how effective your mind control is when you are free from stress. Thus, make sure you welcome healthy ideas that help you de-stress and keep both your mind and body in a good shape.

2. For your Emotional Contentment

For you to enjoy better control of your mind and thoughts and not be rendered powerless against your thoughts and to as well be more discipline, you need to have a healthy mind. Negative and problematic thoughts tend to intensify tensions and challenges and block you from thinking positively as they get you agitated. However, you'll be able to handle conflicts effectively and make proper decisions when you're emotionally calm and mature.

3. For your Self-control

To enjoy self-control, you need mind control. There's no need for any back-and-forth over this because self-control and mind control go hand-in-hand. Given that your body receives a command from your mind, you must be observant of the roles these two play interdependently. You can become more conscious of the things you do and how it affects those close to you when you exert more capacity to control your mind and thoughts.

