

FINDING PEACE WITHIN

THE INNER COMPASS

UNIT 5:
THOUGHTS BECOME HABITS



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UNIT 5: THOUGHTS BECOME HABITS

In this unit we will look at our thought life.
What we continually think about forms habits of behaviour.
We can change these habits, by changing our thoughts.

Our minds are like a garden. We can cultivate our minds by planting good seeds (good thoughts) and pulling up the weeds (negative thoughts), or we can allow them to run wild. The reality is however, that whether we choose to intelligently cultivate our thoughts or neglect them, they will still grow and bear fruit. Good thoughts will produce good fruit, bad thoughts will produce bad fruit.

If we do not plant good seeds into our minds, then an abundance of useless weeds will grow from seeds that have been “dropped” there by our parents, our teachers, our peers, etc. Seeds always produce according to their kind. Just as a gardener plans out the landscape of a garden and intelligently cultivates it planting the flowers and fruit they desire (and keeping it free from weeds), so we must tend the garden of our minds. We must actively weed out all the negative, useless, impure thoughts and cultivate pure, useful, right thoughts.

It is important for us to identify the words that were spoken over us in our past by our parents, siblings,

teachers or others. Unless we do, and choose to remove them from our way of thinking, they will be the limiting beliefs that will dictate to us the way we behave right up until we die.

The outer condition of our lives reflects the inner state of our minds. We may believe that we are victims of our external conditions yet when we realize that it is not the external events but how we react to them that create our conditions, we can instantly change our environment by changing the way we react to a particular person or event.

In other words, our inner world of thought shapes the outer world of our circumstances. Both pleasant and unpleasant external conditions are a result of our thoughts. Even those conditions that have been created by other people become pleasant or unpleasant for us due to our thoughts about, or our response to, those situations. When we see difficult situations as times of growth and learning, rather than pain and suffering, it will completely change the way we feel about those situations and how we

will behave in response to them. The reality is we attract to us that which we are. As a man thinks... so is he. Our inmost thoughts will determine what we are and who we will become. If we want to change who we are and who we want to become, we must first change our thoughts. Thoughts and actions are interlinked. They can imprison us or set us free.

We only grow when we cease to whine and complain about our circumstances and begin to search for the thoughts within us that have created the circumstances. Only when we cease to accuse others for the conditions of our lives can we change our attitudes and thoughts about our lives. Only when we accept that it is our choice as to how we react to our circumstances can we take responsibility for them. We must accept that we are the cause (though nearly always unconsciously) of our circumstances.

By changing our thoughts and creating new habits we take complete responsibility for our lives. We have the power to create the life we want by choosing our beliefs, thoughts, feelings and actions. Thoughts cannot be kept secret, they are revealed through our words and ultimately our actions which rapidly become habits. All our existing habits have been produced by the thoughts we have had in the past.

Thoughts of fear, doubt and indecision produce habits of failure and confusion. Thoughts of laziness produce habits of uncleanness and dishonesty. Hateful and critical thoughts produce habits of accusation, blame and violence, and selfish thoughts produce habits that are self-seeking.

On the other hand, thoughts of love and trust produce habits of self-control and peace. Thoughts of courage produce habits of success and freedom. Energetic thoughts form habits of cleanliness and industry. Loving and forgiving thoughts create

habits of selflessness and allow us to be gentle and kind to others. A particular train of thought persisted in, be it good or bad, cannot fail to produce certain results on our character and our circumstances.

It is true we cannot directly choose our circumstances, but we can choose our thoughts and therefore indirectly shape our circumstances. Every circumstance presented to us will bring to the surface the nature of our thoughts. Every situation will give us the opportunity to look inside and identify our thoughts about that situation, or those people. It is at this time, we have a choice to make. Choose to continue in that old pattern of reacting to our circumstances, or choose a different path. We will find that by altering our thoughts towards our circumstances and other people, circumstances and other people will alter towards us.

Harmony in the world within means the ability to control our thoughts and to determine for ourselves how any experience will affect us. When we cease from our negative thoughts, the whole world will soften towards us and be ready to help us. Let us encourage and cultivate good thoughts no matter what circumstances come to us, and watch those circumstances change.

For more information on this topic, my book "If you want to change your footprint... Change your shoes!" is available on Amazon.com.

Exercise:**Discovering our dominant thoughts.**

Think about this idea that we all produce according to the thoughts we have. Our thoughts are like seeds. What we think about grows.

Are your dominant thoughts of fear, doubt and indecision producing habits of failure and confusion, or love and trust producing habits of self-control and peace?

Journal Ideas:

Make a list of the circumstances in your life that you would like to be different. Can you identify any thoughts behind these circumstances? Can you identify any negative belief patterns that may have been there since childhood?

Are there things you would like to change in your life? Write these on a piece of paper in a column on the left. In the right hand column, list the opposite of what you have written. For the next few days focus on what you want rather than what you are currently experiencing. For example, if you have written "Judging others" in the column on the left, on the right you could say, "I love others unconditionally. I believe in the innate goodness of every person, including myself."

Recite these affirmations daily, when you awaken each morning, before you fall asleep each night, and any other times during the day in order to counteract the existing negative, judgmental thoughts that have become a habit.

A journey of 1,000 miles starts with a single step. Writing and speaking affirmations may seem like a simple step, but they will propel you forward towards changing your thought life and therefore, changing your circumstances.

Listen to the affirmation (MP3) on changing your thoughts and habits. Listen to it as often as you can and repeat the phrases aloud if possible. Our words have transformative power. As you speak these words, things will begin to change for you and you will begin to move forward along your path towards freedom.

Congratulations!

You have completed Unit 5 on dealing with your thoughts and learning about how they have formed your daily habits.

Units 6 and 7 are waiting for you.

If you have not completed the units prior to this one, or read the introduction to the course, it is advisable to do so before you begin Unit 5. This course is designed as building blocks to help you build a future that is totally different from your past. Having a strong foundation is essential for a building to stand the storms of life. The Introduction and previous units will give you that foundation.

Go to:

www.rechartyourcourse.com
and download them for free!



Skye@rechartyourcourse.com

Please email me if this unit has impacted your life. I would love to hear from you!

Skye

The Inner Compass

There are 7 units in The Inner Compass Programme. All of them are free for you to download immediately. There is also a video with each unit, that will help you gain clarity and understanding of the principles taught, as well as a short meditation that you can listen to as often as you desire.

Unit 1: Finding Peace Within

Many of us have spent years searching for peace. I travelled the world trying to find a "place" where I would feel good about myself, comfortable with myself. The search for peace stops when we realise we have been looking in all the wrong places... and go within.

Unit 2: Self-Worth

A strong sense of self-worth is crucial to our well-being. When we base our self-worth on what others think of us or how others view us, we become addicted to pleasing them. Find freedom to become yourself... the real, authentic person you were created to be.

Unit 3: Identity

When we discover our true north, our true identity, we find peace and tranquillity no matter what our circumstances. Discover your unique identity and be free to live it!

Unit 4: Understanding Triggers

What are triggers, how do they affect our lives and how can we overcome them? Be free from the emotions of the past... forever!

Unit 5: Thoughts Create Habits.

Our thoughts are like seeds and every thought-seed we plant in our minds grows to form habits which produce the circumstances in our lives. If we want to change our circumstances, we must start by changing what we think about!

Unit 6: The Power of Our Words

If we knew the power of our words, we would never speak another negative word again. Identify your negative self-talk and discover how to change it!

Unit 7: We Change Our Lives Through Our Choices

Do we really have the ability to make our own choices or is our past programming dictating to us how we live our lives? This revelation will change your life!

This course was written by Skye McKenzie and it is available for you to download for FREE!

www.rechartyourcourse.com