



MIND YOUR MIND

Learning to See the Positive

Roger Loomis

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Have you ever been around negative people? You know, people like “David and Debbie Downer!” Their glass remains half-empty. They live to whine. Nothing’s ever good enough. And they spend their time looking for the worst in others. They are the ultimate critics, who when others see them coming on the sidewalk, quickly cross the street. And of course, “birds of feather flock together!” Their best friends are “Negative Nellie” and “Gloomy Gus.”

Norman Vincent Peale was an American minister and author known for his work in popularizing the concept of positive thinking, especially through his best-selling book, “The Power of Positive Thinking.” His life’s work was based on the premise, “Change your thoughts and you change your world.” He is hailed as the “father of positive thinking,” who through his writing and speaking shared his famous formulas of faith and optimism.

Many today still accept Dr. Peale’s simple and effective philosophies about positive thinking. Neither time nor space allows us to dissect Dr. Peale’s premises, however, we all agree that negative people make life more difficult to navigate. We need people around us who adhere to the “glass half full” outlook on life. We need to live on the

brighter side of life, for God knows, we see and hear enough of the other.

It goes without saying that our actions follow where our mind goes. “Walk over there.” “Pick up that book.” “Plug in the cell phone.” Pretty simple, huh? Our mind-brain mechanism is a wonderful tool that when faced with difficult, heart-rending dilemmas, allows us to keep a positive perspective. As you know, perspective is defined “as the way we look at things, our approach to life.” And generally speaking, outlook really does determine outcome! We are given the choice to view situations as negative or positive. It seems to me that a solid, faith-filled life necessitates a good, positive outlook on life in general.

Charles Swindoll, popular radio minister said, “Sow a thought and reap an action. Sow an act and reap a habit. Sow a habit and reap a character. Sow a character and reap a destiny. The progression from our thoughts to our destiny is sobering, isn’t it?”

Untold volumes have been written about the power of the mind, and the choices we make to live either negative or positive existences during our time on earth. What happens “to us” is many times the product of what first happens “in us.” Determine to live in a positive

vein that keeps you healthy and others around you happy. In other words, mind your mind!