

February 28, 2008

Why You Should Believe More In What You *Cannot* See!

Hello *Shurr* Successes,

Today's insight is to *be more intrigued* by what you cannot yet see instead of being frustrated or blocked by what you can. **Worthy goals are always first created in ones imagination.** Then with time and concerted effort, they become manifested into reality. Yet, too many people get *stuck* on where they are currently at instead of focusing on where they're headed. They focus on what *is* rather than on what *will* be.

If you want to lose weight, you can! I've helped thousands of people to do that! The first thing I always teach is to create an image of the new, slender, energetic you in your mind's eye. See yourself as **already** thinner, healthier, and more confident. This will generate feelings of enthusiasm and motivation, which will propel you into taking positive action toward attaining this goal.

What most overweight people do is maintain an image of themselves as "fat" in the theatre of their mind. This creates feelings of frustration and despair, which then makes them lay around and eat. **If you can't "see/hear/feel" yourself achieving the goal, you won't.** Your subconscious mind can only build from the blueprints that you give it. If you only place attention on where you're at, you'll just keep getting what you currently have.

TODAY'S LESSON

You only complain about things that you can do something about! When you complain about being overweight it's only because you know that *you could be* thinner. If you complain about not having enough money it's only because your mind believes that it's possible for you to make more money. Have you ever complained about gravity? Have you ever complained about having to breathe? No! Why? Because these are things that you have absolutely no control over.

Some have said, "I complain about the weather and I have no control over that." Most people bring up the weather more as a conversation piece than as an actual complaint. Yet, if you do complain about it snowing, for example, it's because your mind assumes that it's always possible for you to move to a warmer climate. Again, we only complain about the circumstances we can change.

Others have said, "I complain about other people that I know I cannot change." I'm sure this is true, but you only complain about them because you perceive that things could be

different. You could set better boundaries with these people, distance yourself from them, or eliminate them from your life. If you weren't able to do anything about your relationships, your mind wouldn't think there was any alternative. Knowing that things could be better, or should be, is what gets you upset in the first place!

Today's point: Write down what you complain about the most and **ask yourself how you would like the situation to be better**. Then allow yourself to fantasize about how you could actually begin to create your life in this new way. Most are afraid to do this because change will be necessary. Yet, if this change didn't ultimately impact your life in a more *positive and pleasurable* way, your mind wouldn't have come up with it in the first place!

Tim Shurr, MA, CH
President, Shurr ! Success, Inc.
Director, Hypnotism Academy of Indiana (AC-0218)
www.ShurrSuccess.com
Tim@shurrsuccess.com
317-579-7500

Hey, did you like this article? Why not send it to all your friends! They will really appreciate you for it—and so will I!