

If You Want It Done Right, You *Don't* Have to Do It Yourself!

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Feature Reader Article

Each Journal I have invited readers to share a story, ask questions, write an article or provide an idea for an article. Thank you to Mary J. Lore who seized the opportunity to write an article for this edition!

How Do Your Thoughts Rule Your World?



"We are what we think. All that we are arises from our thoughts. With our thoughts we make the world."

These are the first words of the Dhammapada, the sayings of the Buddha. For centuries, people from many different faiths, traditions and philosophies have devoted their lives to achieving the potential of the Buddha's words. It is as if, collectively, humanity for all these centuries has been saying, "Wouldn't it be great if I could empower my thoughts to create the reality I want?" It's almost too much to hope for, as though we could somehow, suddenly, attain magical powers, thereby bestowing upon ourselves and our loved ones, complete peace and happiness and accomplish whatever we choose.

Perhaps the idea is not at all that farfetched. We *can* become aware of our thoughts. We *can* master our thoughts. And we *can* empower our thoughts to be on purpose, to achieve what is

significant and of value for each of us.

Everything we say, do, and create first begins in thought. We first have ideas, then desires, intentions, goals, plans and strategies—all thoughts—until finally we take action and say, do, or physically manifest something. How do your thoughts rule your world? How do your thoughts rule your life, relationships, career, organization and family?

Are your thoughts producing positive results, or are they preventing you from growing fully into your potential? Do your thoughts inspire you, or are they plagued with self-doubt, fear, and worry? Are your thoughts causing you to feel happy and peaceful, or are they causing you to feel stressed and victimized? Do your thoughts result in a life of joy and perfect health, or do they result in a life of pain and suffering? Do your thoughts cause you to live your life the way you want to live it, or do your thoughts paralyze you, undermine your intentions, or sabotage your efforts? Do your thoughts serve you? Or are you helplessly at

Invitation for those who believe in the Socratic Method:

Have you ever wished you had the perfect question for your situation? Submit your situation and we'll provide you with the perfect questions!

their mercy?

Most of us would not imagine that in one moment, we can actually change the course of our lives, our families, and our organizations through our thoughts. When we practice being aware of our thoughts, without blame or judgment, we have the ability to discover what we truly want and how to achieve it. We have the ability to choose thoughts that move us in the direction of our purpose—working for us and not against us, releasing our destructive thoughts that waste time, energy and money, to reshape our circumstances, achieve significant results and create the life we intend.

We achieve significant results when we focus on the moment. There is no such thing as the future. The future is an illusion. What we do have is a NOW followed by a NOW followed by a series of NOW moments.

We do not suddenly become bankrupt. We have a series of bankrupt NOW moments. We do not suddenly become a great leader, a great parent, or healthy. We have a series of great leader, great parent or healthy NOW moments. It's the same with accomplishing a goal or fulfilling a resolution. This remains true with achieving a great attitude, being thankful, changing our beliefs, and creating powerful intentions. Being at peace, happy, or true to our selves doesn't suddenly happen. It happens when we have achieved a critical mass of these NOW moments. It is when we have experienced enough of these moments that goals are accomplished, bad habits are broken, and resolutions are fulfilled.

So at the end of the week when we take stock of how we did, it doesn't matter that we didn't exercise five times. It does matter that we exercised once. That is a NOW moment to be recognized and celebrated. It doesn't matter that we smoked or ate bad foods; however, it does matter that we had moments of awareness of our choices and that we had moments of making one or more healthy choices. It's the slow gradual changes that are lasting. What if we made just one small change each week? It is these very small NOW changes that add up to big changes over the year. It is these NOW changes that lead to significant transformation.

We achieve results by focusing on the moment. The results we achieve—bad, good, or significant—depend on what we choose to focus on in each moment. We choose to be aware of our thoughts—our feelings, attitudes, emotions, beliefs, passion and purpose—because these are what drive our actions and behavior. When we do so in a wondrous way, without blame or judgment, we develop our ability to get in touch with our higher awareness and devise creative ways to fulfill our goals, intentions, and resolutions—and ultimately actions—that serve our purpose and, in so doing, bring us peace and inspire us.

We become inspired when we are in a state of joy and gratitude and in a state of vision and possibility. In these states, we are in tune with our higher awareness and in touch with our creativity. It is when we are inspired that we achieve significant results. It is when we are inspired that we transform and live the life we imagine.

About Mary J. Lore: Mary is the author of the award-winning book and audio book, *Managing Thought: How do Your Thoughts Rule Your World?* She is also the founder and CEO of Managing Thought LLC, which helps individuals and organizations develop self-awareness and change the way they think and conduct business to attain long-lasting success. Mary has devoted thirty years to serving as a CPA, senior executive, entrepreneur, and mentor to corporate leaders. Mary is certified in Gardening Fine Arts, as well as the practice of Dao-In, an ancient Chinese yoga practice. She enjoys camping, hiking, cooking, singing, traveling, and enjoying the company of family and friends. She currently resides in Michigan. You can visit Mary at <http://www.managingthought.com>

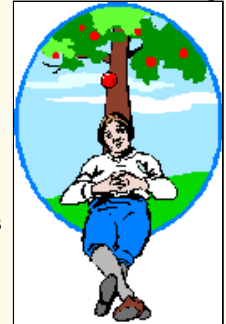
Words of Wisdom

*What you are speaks
so loud I can't hear
what you're saying.*

—Ralph Waldo Emerson*

Corner Crack-up

Physics Teacher: "Isaac Newton was sitting under a tree when an apple fell on his head and he discovered gravity. Isn't that wonderful?"



Student: "Yes sir, if he had been sitting in class looking at books like us, he wouldn't have discovered anything."