



Guidance Through Channeling Newsletter

AUGUST 1, 2008

VOLUME 1, NUMBER 5

AUGUST BIRTHDAYS

HAPPY BIRTHDAY

TO:

Sharon M. – 8/29/50

Alexandria B. –
8/20/84

Shekiba J. – 8/25/83

Kourtney G. –
8/16/85

Gloria O. – 8/1/67

Caroline G. – 8/20/42

Hi Everybody:

Happy August!! How is everyone doing out there? This month's newsletter is on: utilizing the power of thought. This article is channeled information. Hope you find this article useful. Thanks, Maureen & Diane

How to utilize the power of thought

A thought is what we believe in. This article is going to stress the importance of becoming aware of what it is we are thinking about. It is also going to explain how words upon seeing them can change our perception in an instant. Let's take the word: Hitler, now are you thinking of heaven or are you thinking of hell? I am sure your thought which is your belief is that Hitler needs to be and should be in hell.

This one single thought of Hitler went in two directions. A judgment of thought and a belief in that judgment thought. Let's sum this up: one simple word created a belief in judgment and your thought made it real. Now let's take the word: flower, are you picturing a flower or are you picturing a lacking of how you never receive flowers? Are you picturing the high cost of flowers? Or are you picturing the beautiful flowers in your front yard that you love taking the time to plant? Do you see there are many scenarios that can go with just that one word flower? Let's take the word: marriage, you are either in a very loving relationship with someone you love or you're thinking about a divorce and wanting out of a marriage or you're thinking I have searched and searched for this special one and so forget marriage for me. Once again do you see the many different scenarios of thought that can come up with just the one word?

The above is just a very simplistic example of the power of thought.

There is no way that anyone can come in touch with and truly get a firm grip on their thoughts unless they start with just one word and truly look at all of the thoughts that go with just that one word. Our thoughts move fast and they move rapidly through your mind. And they go in many different directions. Please picture a busy highway that branches off to the left and to the right and in many different directions. Now picture a lot of cars traveling on all of those highways. Those highways and those cars are all the different thoughts that your mind is capable of thinking in an instant. This is the very reason we are so confused and have such difficulty focusing on just one thought. This is a major reason why it is so difficult for people to meditate and be at peace with them self.

So being able to contain control of your thoughts one must first fully understand how rapidly the thoughts flip through our mind. When you have a thought of any kind ask yourself how many versions of this am I having? Then pick out just one thought that is the most loving thought.

Ok let's get back to the word: Hitler. Are there any loving thoughts with the word: Hitler? Ok so there are no loving thoughts about Hitler. How about turning all your negative thoughts whatever they may be about Hitler and picture giving those negative thoughts to God. However you want to do this in thought by handing God a box with Hitler negative thoughts on the outside or however you want to do that as long as the thought is you're turning the negative thoughts over to God. Are you still with us? Now don't let your thoughts go wandering off here. One cannot utilize the power of thought until they fully realize the way thoughts positive or negative flow through your mind. Here is the first step in the process of learning how to utilize the power of the mind. This is our beginning series of how to utilize the power of the mind.

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