

The Creative Energy of Positive Thinking

The Creative Energy of Positive Thinking contains a different perspective on how to live better, think positively and enjoy constantly your presence on earth. This book explores the treasure of our inner-self and helps us to rediscover diverse ways to assorted pathways of happiness. It has covered theoretical approaches and best-practices skills, which are the tactics needed to move from awareness to acknowledgment, from acknowledgment to understanding, from understanding to acceptance, from acceptance to adaptation, and from adaptation to behavioral and attitudinal change.

Everything starts by **Knowing and Accepting Yourself**. If we acknowledge and accept who we are and where we come from, then we can affirm our identity and reaffirm the values of our personality. It is through the process of self-awareness and self-acceptance that we find the internal confidence with ourselves and the external responsibility with our community that creates critical and creative thinking. Self-management and the ability to look for order, organization, personal growth, and self-awareness are part of the Affirmative, Creative and Critical Thinking and it should be aligned with the power of emotional intelligence.

To promote, exercise and practice positive thinking one must have a **Positive Attitude** and create a proactive environment in its thoughts. There is a close relationship between attitude and the balance between seriousness and cheerfulness, rationality and emotionality, and firmness and gentleness.

Another important element described in this book is the need to create a **Predisposition to Change** to keep ourselves positive, open our minds to new viewpoints and adequately balance our physical, mental, emotional and spiritual boundaries. We require informed judgment and logical examination of issues to avoid a circle of distress and misjudgments. That is an ability we cannot master without a predisposition to accept the result of our choices.

Along with logic and feelings, spirituality plays a fundamental role in the construction of meaning and destiny. We need **Faith to Believe** that whatever we create in our minds can become possible if we have trust and confidence in our discerning. Faith and conviction allow people to experience the presence of spiritual significance on the pathway to their desires and lifelong objectives. The power of faith gives us the energy to transform ideas into realities.

If our beliefs are part of our mindset, then, we need to **practice what we preach** and produce the best we can with whatever we have. Remember that a vision should always be inspired by the spark of possibility and enhanced by the exercise of practicing what you preach. The power of our thoughts and the conviction to be aware of what happens above, beyond, outside and inside of us permits us to become enlightened. More importantly, it also helps us start living peacefully in advance of the promises of eternal life.

Positive thinking is a significant asset to succeed in life; however, it is not truly accessible if we do not develop the **Humility to Understand Differences** to affirm our similarities and celebrate those things that make us unique. Through a spirit of inclusion and the acceptance of differences, people can freely express who they really are and have equal access to enjoy their rights and the beauty of life. The understanding of differences has been a permanent issue in societal evolution as we move from denial to rejection, tolerance to awareness, acknowledgment to understanding and acceptance to receptiveness.

When we practice sensitivity and accept diversity we will be more open to being grateful for what has been granted to us. In my view, this is expressed in **Solidarity to Share**, which is a sincere commitment to share our assets with others. Solidarity is the art of giving not just

material goods, but appreciation and sensibility to those in need. It is a personal commitment as well as a principle of communal social justice to ensure equal access and opportunities for all.

Solidarity arises from the philosophical principle of giving back to our community and demonstrating gratitude for whatever we have received in life. As Luke in the New Testament reminds us, “To whom much is given, much is required.” We need reciprocity in this often despairing and segregated world. That is why solidarity is so important, but sharing and giving does not include only material goods or monetary assets, but emotional and spiritual resources as well. Solidarity comes not just from your wallet, but also from your heart.

A sincere smile, a true expression of love and solidarity are priceless pathways to happiness. Positive thinking and the supremacy of love, fellowship and solidarity are strengths we need to train our minds to stay positive and optimistic. People will also find human kindness through the power of love. Remember that time is more important than money, love has more significance than thankfulness, relationships are more important than things and peace of mind is above contentment.

The last two necessities for self-determination in the cycle of positive thinking are healthy relationships and the commitment to pursue happiness. **Positive Relationships** provide the foundation for healthy communication strategies and the growth of emotional intelligence. Relationships allow the circulation of energy and the interchange of ideas. It is why positive thinking starts with you. Even when two opposites join, the best influence wins.

Positive relationships drive us to proactive networks and optimistic settings of fellowship and long-lasting friendships, but the commitment to create networks starts with you. As Emerson says, “The only way to have a friend is to be one” (Zelinski, 2001, 97). You have the power and the choice to influence others. “We influence often more than we think,” says Piero Ferrucci. “Right in the midst of every day, we are given the chance to touch the lives of others and thus change the world” (Ferrucci 2006, 50).

Healthy relationships and a commitment to happiness and mental peace direct us to the last reward of life on earth, the acquisition of a **Genuine Approach to the Pursuit of Happiness**. Happiness is subjective. It is not a destiny, but a journey. Attaining happiness, though, is an instantaneous satisfaction. We interpret pleasure from different perspectives, depending on individual fulfillment, personal realizations or how you value achievement. Jonathan Haidt makes a clear difference between physical satisfaction and emotional gratifications. “Pleasure beckons people back for more, away from activities that might be better from them in the long run,” he says. “But gratifications are different. Gratifications ask more of us than challenge us and make us extend ourselves” (Haidt 2006, 97).

The secret of happiness is not necessarily or exclusively inside or outside. It is something in between. To have more encounters with happiness, we should balance our four basic resources: body, mind, emotions, and spirit. That requires rational and emotional intelligence as well as informed intuition and proactive imagination based on our faith, values, and mission in life.

The Creative Energy of Positive Thinking will catapult you into transforming your conscious and unconscious mind to explore the beauty and meaning of life. Every day offers opportunities to create whatever one wants from life. The power of our thoughts makes one capable of anything. Once one decides what one would like to see, create it in your mind and recreate it in your actions. Start today to melt away old limited ways of thinking and embark in a new beginning with the power of The Creative Energy of Positive Thinking.