

Chapter 32

The thinking makes the big difference

Sometimes some people say:

‘When I use these affirmations, then I will affect myself and have an impact on my life?’

Then I always answer:

‘But you do that with your thoughts and the way of your thinking nevertheless the whole time - your whole life long.

The big difference when using these affirmations is now the fact, that you can decide consciously - what you think, how you think and how you form in the consequence your life.

In this way you have the ability to make decisions regarding your life, your health and your future.’

Even the thinking makes the big difference!

The wonderful thing is the fact that we can decide at any time about the kind of our thinking and therefore determine over our life.

We are a unit of body, mind and soul and only if all levels of our life and being are accordingly integrated and considered, then we can be healed in our unit and above all – we will remain healthy.

The thoughts are it, which shape and determine - strictly speaking - our life.

We can also not prevent not to think. But we can much more easily replace a thought by another thought.

It is one of the best possibilities of getting our thinking and thus in the further consequence also our whole life into the grasp.

The quality of life changes fundamentally, when you become aware that in every moment you can decide and direct through your thoughts and internal attitudes your life.

(That is also the sense and purpose of this book – to show you firstly the far reaching possibilities of the large potentials of the thoughts and how to use the daily affirmations to point your life in the positive direction – making you happy, healthy and successful in every moment of your life).

Thus let us take the liberty now and think according our best knowledge and conscience what we want in our heart – what we really want in the innermost love of our heart.

By doing this we can determine more consciously over our life, our success and our health and direct our life with the time in the direction, which makes us in the long run luckier, healthier and more content.



Wonder and Graces

Every day of my life is a day full of wonder and graces:

Today I will discover thousand graces in my life -
the grace to see and the grace to hear,
the grace to think and the grace to speak,
the grace to walk and the grace to breathe.

Today I will discover the greatest grace of all -
the grace to love!