

Expand Your Mind Session 2: Preparing Your Mind For Good

- 1. Go through your conscious mind and make a list of the things, events, circumstances and experiences that might be responsible for your present state of finances.**

List all the things that have been troubling you example: position lost, mistakes you have made, the deal that failed, small concepts you have been holding onto, mental burdens you have been carrying and the malignant thoughts that have been festering in your mind.

Bring them up in the cellar and expose them to the light (it may take several days to drag all this rubbish out but it is necessary) keep on until there is no hidden thoughts or belief that can in any way oppose or neutralize your good. (Resolve you will never contemplate them again.)

Never discuss financial difficult, hard times, economic disasters, depression with friends or family.

(Resolve never to do it again)

NEVER THINK OR DISCUSS LIMITATION IN ANY FORM

- 2. Put down the luxuries and gratifications that you have been denying yourself, the things you say you can't afford, list the bills you owe.**

Drag out all old inhabitation (if you have any left over after session one this is the place to clean "house") the I can't,- the don't - the look out's- the if's- the but's. Replace them with the positive: "I can", "I will", "I know", "I have"

Quit kicking, criticizing, complaining and finding fault with people and things around you, and find something to praise.

Stop frowning and scowling and start smiling at every one.

Destroy everything around you that suggests poverty.

If you are impatient list that fault. Be at Peace with yourself and will all men.

If you have been thinking meanly about Yourself list the error and do something about it

If you have objectionable personal habits, clean them up. (Cleanliness gives you a luxurious feeling and help radiate all goodness you desire.

If there is no demand on you create one by getting closer to God.

If your eyes have been seeing limited, unhealthy and poverty-stricken conditions,

Train them to see ONLY healthy, rich and prosperous things of life.

3. Now take a clean piece of paper and make inventory of all your possessions such as car, clothing, furniture, house, jewelry, savings accounts, bonds and insurance.

Let the material value of this sink into your mind. (Counting Your Blessings) allow yourself to enjoy this blessings that you have feel it in your core.

Insurances companies put high value of eyes, arms, legs e.t.c. If you totaled your physical assets you will be amazed how valuable you are.

Would you exchange fresh water and food for all the money in the world?

Don't you see how rich you are already? Stop right now and ask yourself,

“WHAT AM I WORRIED AND FEARFUL ABOUT?”

4. Now make a list comprising (1) all the things that are wrong in your life at this moment and (2) all the things that are right.

Fact is you will find that 90% of the things are RIGHT and ONLY 10% wrong.

Then why all the stress and the worry, stomach ulcers and nerves? **Because you are dwelling on the 10% that are wrong and are ignoring the 90% that are right.**

You can **only break bondage** by acting of course with the 90% that are right.

- a. Instead of keeping the good silver and dishes for guests you will use it with family
- b. Instead of looking for quantity you will look for quality
- c. You will think and speak constructively and positively instead of destructive and negative
- d. You will talk about what you HAVE instead of what you do not have.

- e. You will dwell upon the good and substantial things happening in the world and ignore the bad and demoralizing things.

When the negative / destructive thoughts keep coming back

Cut it off before it has had a chance to complete itself in your mind.

In other words, **get the thought before it gets you.**

Ex: “ I am afraid...” Cut it off there and use a positive firm denial such as this: It is a lie, “ The Lord is my shepherd, I shall not want.” Everything i need is now in instant manifestation. “ the earth is the Lord’s and the fullness thereof.” The silver is mine and the gold is mine, saith the Lord of hosts’ ...every beast of the forest is mine, and the cattle upon a thousand hills.” “All that I have is thine”- Now does the Spirit of all Good that lives within me supply me with every need”.

Another way if you are a person who finds physical actions to reinforce mental write it down and drop in a little lock box (this triggers the mind that, the negative thought is now locked up so they can’t get out to bother you. (Date them if you wish to track how long it take to get rid of it).