

## Surround Yourself with Things that Evoke Positive Feelings

Your subconscious mind is like the Energizer bunny that keeps going and going. Just as your breath continues to flow whether you watch it or not, so your subconscious mind keeps working even when you aren't aware of it.

Even when you think you're doing other things, your subconscious mind is taking in all the information around you like a chef gathering ingredients to use in cooking up your experience of life.

Your choices of what to place in your environment not only represent the contents of your thoughts, but these outer objects also reflect back into your thoughts and back out into your world — like a big feedback loop.

This feedback loop of “positive in, positive out” gives you a way to bring more good energy into your life by choosing to surround yourself with things that inspire and uplift you.

Depending on your personal preferences, you may want to put up photos of breathtaking nature or of one of the many beautiful images that represent spiritual or religious qualities that are meaningful for you (See Chapter 9).

### **Don't Forget**

Outer works of spiritual beauty reflect as more spiritual beauty within yourself, which then expresses positively in other areas of your life. Your thoughts create your reality. Therefore, feed your mind with good images and watch your life improve!