

Superstitious people are afraid of the effect of speaking negative or evil words into the air in case something in the spooky realm makes it come true. It's not that mysterious.

See, your mind is an idiot. It will believe anything it is told and when you mouth off about negative issues and give credit to stressful situation by talking about them, your ears feed your mind and your mind picks up the language and believes it. Say aloud that there is nothing good going on at home and the old mind won't argue. Say aloud that there is nothing to be happy about in your family and again the old mind just nods. Then it goes to work and created its own reality. It ticks away subconsciously leading you into situations that are more and more destructive to itself just to fulfill what you told it in the first place. There's a great old proverb: If you have foolishness in your heart, clap you hand over your monthly.

A preacher I hear once said, "Faith is voice activated". In other words you will believe what you tell yourself out loud. It's the same thing for joyfulness. You can build your joyfulness in the blackest times by using your voice to tell your mind things aren't so bad. It starts a new reality each time.

Stop saying "I have all the bad luck" – Say "Things will look up"

Stop saying "Nothing ever works out for me" – Say "You win some. You lose some. That's life"

Stop saying "Nobody loves me. Nobody cares" – Say "Are you OK? Is anyone caring for you?"

Stop saying "My life stinks" – Say "Compared with people who've lost everything in the big flood/fire/earthquake, I am so well off"

In no time, you'll be spreading gladness, delight and pleasure and you won't believe the effect. Wonderful people will start asking to be your friend and want to spend time with you.

This is an excerpt taken from the Kick in the Pants Newsletter, written by the finest international motivational speaker – Colin Pearce.

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