

McClain Ministries

*The Heart Of Melva*



## *Keeping in Touch ...*

*Greetings All,*

*I would like to share a few things on my heart from the heart of God.*

*During the course of a week I write myself little notes regarding nuggets God drops into my spirit. Pearls of Great Price I call them. Last week He shared with me a word regarding our thought pattern that I have entitled **DISCIPLINING YOUR THOUGHTS** (Notes to Self):*

*Much of the lives that most people experience today, whether they like it or not, are a direct result of subconsciously or unknowingly creating their own reality, a reality that is often ascribed to such erroneous notions as "luck", "fortune" or "chance". You may or may not like what you have created for*

*yourself, but the good news is there is only "Now" - your reality is created in the "Now" and can be changed in the "Now" by self awareness; the discipline of being self aware.*

*So how do people continuously create their own realities without even realizing it? The way that people subconsciously or unknowingly create their own realities is principally in four ways; by their thoughts, words, emotions and actions. By actions I do not mean conscious actions but actions that imply a certain "attitude", actions that are carried out with little or no self awareness.*

*One of the most powerful creators of our reality is what we "say to ourselves". We all know the very considerable power of affirmations where phrases are repeated many times in the present tense. Well the same of course applies to statements that are made without thinking about the consequences. For example, a member of the family might be 'dealing' with a cold. It is easy to observe this person, imagine that you feel not quite well yourself and say to yourself "I am catching a cold". This affirmation coupled with the thought repeated several times will be enough to ensure that the person does in fact catch a cold; he or she has created that reality by their own thoughts and words. In this case you should repeat to yourself, either aloud, in your mind, by writing it down or better still all three, an affirmation that*

suggests how well you feel such as "I feel great today" or "I am in the best of health". Do not repeat an affirmation such as "I do not have a cold" because that still places an emphasis on "cold" which acknowledges its existence and gives power to it. This is why self awareness or the ability of being self aware is so important.

The same principle applies to everything; we must always be mindful of our thoughts and words so that we are only creating a reality that we desire. This is particularly true of abundance (wealth). During the course of each day we see evidence of wealth and people that are "better off" everywhere. You might for example be sitting at the traffic lights in your "average" car when a luxury sports car pulls up alongside and you immediately, subconsciously make a comparison and might start to feel envious. You might also think "I wish I had that car", which, although not having the same negative power as "envy", will still ensure that you never receive a similar car, because it will put yourself in a perpetual state of "wanting" but never actually receiving. The correct course of action in this case is to look at that luxury sports car and to feel the excitement of actually owning it. Visualize yourself behind the wheel of the car, smell the interior, hear the roar of the big V8 engine and feel the "G force" of the acceleration as you press your foot on the pedal.

*Continue to focus on "your" car in this way, never for a single moment doubting that it is yours because in reality it already really is yours and all you have to do now is to take physical delivery.*

*So in terms of self awareness, always be mindful of your thoughts and associated actions and never, ever allow negative emotions of envy, jealousy, negativity or any other such emotion take hold in your mind. If you see something that you like and really want to experience, then feel the excitement and all of the high energy, positive emotions that will bring it into your life.*

*This is only one level of self awareness; we have already discussed in a previous message the importance of being "expansive". This means always being mindful of your thoughts and only allowing positive, expansive thoughts to enter and remain in your mind. Always expand not constrict your thoughts. If you feel any negative, constrictive thoughts enter your mind, immediately dismiss them and replace those thoughts with positive thoughts. We are all open channels of God and the more of an open channel of God you are, the more He can express through you and the more abundance will be able to flow into your life.*

*Constantly be mindful of your thoughts and words. Throughout the day remain self aware by practicing*

*self awareness, continually ask yourself "what am I feeling now". If you are feeling a negative emotion immediately dismiss it and replace it with a positive one. Remember; what you think is what you are and what you are is what you attract, so you will want to ensure that you are attracting only the things that you wish to experience in your physical reality. It does not matter how dire your current circumstances might seem; those circumstances are only relative and temporal and can always be changed providing you do not allow your current circumstances to consume you. Above all remember: There is nothing that you cannot be, do or have NOW!*