

Calming Your Mind with Positive Thoughts



Have you ever found yourself waking up in the middle of the night with your mind racing from one frantic thought to another or worried about what the next day will bring? Have you ever found yourself not knowing where to even begin because you feel so completely overwhelmed at the tasks waiting for you?

All of us have felt like this at one time or another, it's true, but some of us feel this way all of the time.

Calming your mind will allow you to be more productive while enjoying life at its fullest.

Achieving Inner Peace

With a mind that simply will not stop racing, chances are inner peace is something you're not very familiar with. The faster your mind races, the more ill at ease you become, leading to lost days, months, and years of time. Fortunately you don't have to continue living life in this depressing way as there are numerous ways of slowing your mind and achieving a sense of inner calm and peace.

When your thoughts start heading off in all different directions leaving you with a few dozen things jumping around in your mind, make a conscious effort to stop for a moment and say a positive [affirmation](#). The power of positivity coupled with saying affirmations to yourself are endless and they will allow you to reprogram your mind in new, effective ways.

If and when it seems like things are getting too stressful, repeat an affirmation like, "I am confident in my ability to remain calm. I am at peace." While this may not exactly seem like the truth in the heat of the moment, after repeating it a few times you'll begin to notice yourself believing it, and give you the chance to change and pay attention to that ever important inner voice.

These affirmations give us the unspoken permission to ignore the negative inner dialogue in our minds that never shuts itself off and replace it with positive thoughts and ideas. Negative inner-talk simply exacerbates an existing problem, perpetuating a cycle of failure and despair, but positive statements have the power to negate these thoughts, and in essence, change your life one sentence at a time.

Even if you may have a difficult time believing this particular strategy will be effective for you, open your mind and your heart and give it a chance to work anyway despite the negative thoughts you might be having.

Too many of us feel that we're powerless against the forces in our lives that cause us to feel chaotic and out of control. Rest assured this is simply not the case as anyone can benefit from a few positive statements repeated over time. You'll be pleasantly surprised to see how soon a sentence as seemingly simple as, "I am sure there is a wonderful future in store for me, even if it isn't apparent at the moment," can make a great difference.

Whenever you feel as if you're not in control of your life and the course it's taking, try giving positive, peaceful affirmations a chance to make a difference. In very little time, repeating positive affirmations to yourself will permeate your thinking, both consciously and subconsciously, and allow you to turn these basic statements into reality.

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Sincerely,

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