

The Power of Our Thoughts

Julie Hryniewicz-Hache -- Wednesday, November 15, 2006, 11:21AM



Contemplating bankruptcy was one of the most difficult times of my life. I felt sick and disgusted in myself that I would create a situation where I had to even consider such an option. I had actually called credit counselling and a bankruptcy trustee, blocking out my number, in order to anonymously gather some information about my alternatives, but didn't have the nerve to make an appointment. I was embarrassed, I was confused, I was a university and college graduate, former police

officer, and hot on the trail of a mini real estate empire - how could this happen?

For almost eighteen months, with all of my divorce and alimony obligations, mounting use of credit to make ends meet on half of one income, and the pile of debt that I took on, out of guilt that I had left the relationship for greener pastures, I was in a financial pickle. I would borrow from one line of credit to pay the minimum payment on numerous credit cards, use my overdraft to pay for my half a dozen mortgage, tax, and insurance payments, use my rental income to buy groceries and put gas in the car, and take out cash advances to juggle the thirty-some bills that invaded my mailbox each month. Chaos filled my mind and life and I would soon realize that my decision to give up my main source of income would eventually lead to my financial demise.

Several months after those first anonymous phone calls, I finally made appointments to go in for free consultations with a credit counsellor and bankruptcy trustee. I was so reluctant and cautious because I didn't want anyone to know that I was having trouble and I still thought I might be able to make things work. I was a landlord, I was a mother, I had family in town that could potentially find out and be ashamed of my situation. I knew that if I could just sell some of my properties or if I could make enough money in my new business, I would be back in the positive...

Although I flipped four of my houses, in order to alleviate some of the

growing stress and agony of the situation, I was still left with bills and interest that were compounding too fast and furious to manage. I was dealing with overwhelming guilt issues from the divorce, attempting "to find myself" in the process, and within three months of my one-on-one consultations, I ended up filing for bankruptcy. My thoughts surrounding my life drama were so toxic and self-defeating, that it had been making me physically sick. I was carrying around poison in my body because I was feeling so worn down, like such a failure, and absolutely disgusted with the mess I had created.

Thoughts such as these fester inside our mind and body and eventually manifest into disease. Hashimotos Disease was my fate and first surfaced within months of experiencing high levels of anxiety in my life. When we are under stress, our body naturally goes to work to combat the imbalance by using antibodies as little soldiers to help fight the invasion of harmful chemicals. My own antibodies were working so hard that they ate away at my thyroid gland, forever destroying my ability to automatically regulate all of the chemical processes in my body.

This disease was a wake up call for me. Some people manifest high blood pressure, some manifest diabetes, extra weight, cancer, high cholesterol, etc. The list of ailments is endless; however, illness is often our body responding to our toxic thoughts. Illness surfaces when we are dealing with issues of grief, anger, anxiety, worry, self-doubt, frustration, exhaustion, hatred, unresolved stress, confusion, or guilt. Our bodies physically respond to what is going on in our minds; our bodies act as a mirror to our thoughts. The way to heal and protect our bodies is by addressing the source of negative emotions, offering self-forgiveness, and expressing gratitude.

This is not new thinking; however, this is newer thinking for the western world. In the eastern world, the connection between the mind and body has been accepted and embraced for centuries. Meditation, quiet time, and mind work is often a priority in their daily lives. Having been to Japan as a teenager with a dance troupe, I was able to see the eastern culture first hand. While staying in a hostel for part of our journey, we had to go out into the yard, faithfully at 6:00 am in the morning, to participate in a Tai chi/yoga type session. Although not fully appreciating the experience at the time, I realize now the high value that their culture places on the power of silence, concentration, and the peaceful state and clarity of the mind and body.

We have the power to change anything in our life that we are not happy with because we create our life in the first place. Look up from the screen after you read these words and realize that you have more than likely

selected the clothes on your body, the food that you ate today, the type of computer that rests in front of you, the television programs that you watch, the people that you spend time with, the shoes that you wear, the job that you do, the picture that hangs on your wall. You have created your life.

As an adult, you have made choices that have led to your current situation. You have said yes or no. You have agreed. You have participated. You are the writer, producer, director, and star of your own life... My decision to stop punishing myself for my past choices and let go of the hateful self-judgment, allowed me to start a new life chapter. Today, I realize that my past does not determine my future, unless I buy into this. I can decide at any moment to press reset.

Knowing that you are the one in ultimate control of your decisions, you have the power to change, revise, fix, move, go, do, have, be, or create anything that you desire. I am not talking about desiring to win the lottery, because you do not have any control, whatsoever, over games of chance. You can; however, put together a plan, map, or direction for your life that can be implemented by your choices. If you want to get healthier, find a better job, heal from past traumas, improve your marriage, or live with purpose, then the only way to make this happen is to take action by making new decisions. Decide exactly what you want, write down in detail what that is in your journal or notebook, and take one small step at a time towards your desire.

If you want to lose weight or get healthier, decide to go for a walk. If you feel unfulfilled in your career, then decide to explore your options and make a plan. If you are tired of fighting with your spouse, then decide that you will be the person that you want your spouse to be. If you are tired of being broke then decide to rethink your current situation. It all starts with a decision that is followed by action. I have discovered that complaining, whining, or feeling like a victim for any reason, although at times justifiable, does not get me out of the situation I am in. The only way to move us forward is by figuring out what we want and then doing the work.

There was a wonderful woman in one of my seminars, in the spring of this year, who had apparently been dealing with her own relationship and financial issues. When we crossed paths again in the fall, she had lost over forty-five pounds. She had decided that she was no longer going to be a victim of her circumstances. Her instant change in perspective snowballed into new decisions. You can choose it as well. You are in control of your life. You can decide what you want and make it happen. Your thoughts are that powerful. Life is too short to be miserable,

especially when you hold you the key on your shoulders...

"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives." William James

I am so grateful for the opportunity to exchange thoughts with my readers. If you are interested in sharing your experience of how a committed decision has lead to positive change in your life or you would like to tell us about a decision that you are making now, please feel free to do so. It is your purpose to be as happy as you were created to be. Have a blessed day everyone! Julie