

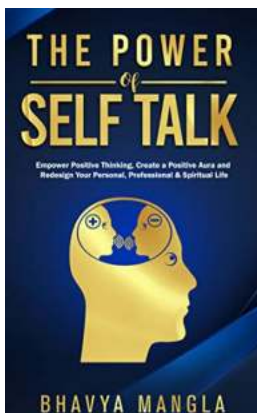
# Empower Positive Thinking, Create Positive Aura And Redesign Your Personal Life

Do you sometimes find yourself feeling stuck in negative thoughts and unable to see the brighter side of life? It's time to take control and empower your positive thinking. By creating a positive aura around yourself, you can redesign your personal life and unlock a world of possibilities.

## The Power of Positive Thinking

Positive thinking is not just some fluffy concept; it has the potential to transform your life. When you train your mind to focus on the positive aspects of every situation, you invite a wave of optimism and happiness. Positive thinking helps you develop resilience, deal with challenges, and maintain a healthy perspective on life.

With constant exposure to negative news, social media pressures, and everyday stress, it's easy to fall into a negative thinking pattern. However, by consciously choosing positive thoughts and redirecting your focus, you can break free from this cycle.



## The Power of Self Talk: Empower Positive Thinking, Create a Positive Aura and Redesign Your Personal, Professional and Spiritual Life

by Bhavya Mangla (Kindle Edition)

★★★★☆ 4.6 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 130 pages  
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## The Role of a Positive Aura

Have you ever noticed how some people seem to emit a positive energy that uplifts everyone around them? This energy is often referred to as a positive aura. When you cultivate a positive aura, you become a magnet for positivity and attract positive experiences into your life.

A positive aura is the subconscious energy you radiate. It is influenced by your thoughts, emotions, beliefs, and actions. When your thoughts are predominantly positive, your aura becomes brighter and more vibrant.

Your positive aura acts as a protective shield against negativity. It not only enhances your own well-being but also impacts the people and situations you encounter. By consciously working on your aura, you can create a positive ripple effect that spreads to those around you.

## Steps to Empower Your Positive Thinking

Empowering your positive thinking requires consistent effort and practice. Here are some steps you can take to redesign your personal life:

### 1. Self-Awareness

Start by becoming aware of your thought patterns. Notice when negative thoughts arise and consciously choose to replace them with positive ones. Journaling and

meditation can help you gain insight into your thinking patterns and make necessary changes.

## **2. Surround Yourself with Positivity**

A positive environment plays a significant role in shaping your mindset. Surround yourself with positive people, read uplifting books, listen to motivational podcasts, and engage in activities that bring you joy and inspiration. The more positivity you expose yourself to, the easier it becomes to maintain a positive mindset.

## **3. Practice Gratitude**

Gratitude is a powerful tool for shifting your focus from lack to abundance. Each day, take a few moments to reflect on the things you are grateful for. This practice helps you appreciate the positive aspects of your life and trains your mind to see the goodness in everything.

## **4. Affirmations and Visualization**

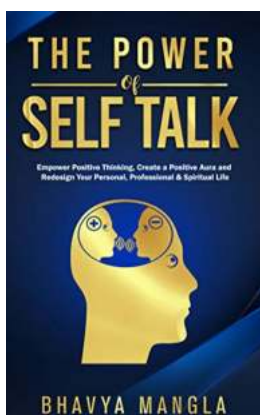
Affirmations are positive statements that influence your subconscious mind. Repeat affirmations that align with your desired state of mind and life. Combine them with visualization techniques, vividly imagining yourself living your desired reality. This practice helps reprogram your subconscious mind for positivity and success.

## **5. Take Inspired Action**

Positive thinking should be complemented with inspired action. Set achievable goals, break them down into actionable steps, and take consistent action towards their realization. By aligning your actions with your positive mindset, you create momentum and reinforce your belief in your ability to redesign your personal life.

Empowering positive thinking and creating a positive aura is a lifelong journey. It requires commitment, self-reflection, and consistent practice. By taking control of your thoughts and cultivating a positive mindset, you can redesign your personal life and manifest the happiness, success, and fulfillment you deserve.

Remember, you have the power to transform your life. Embrace positive thinking, nurture your positive aura, and watch as your personal reality unfolds in empowering ways.



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“A true devotee works independently of the world outside and draws his inspiration, equanimity and ecstasy from the source within himself”- Bhagavad Gita

As per a study, it is found that on an average, in a day, we have 45000 to 55000 thoughts which translate into 25 to 35 thoughts in a minute. More than 90% of

these thoughts are involuntary and the majority of them are negative. It means our mind keeps on fluctuating throughout the day.

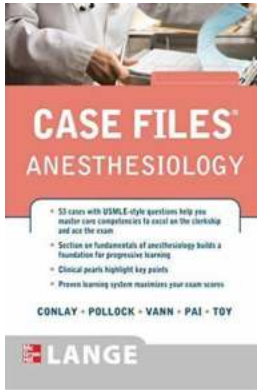
We have 2 minds; Conscious and Subconscious. The conscious mind is an active mind which is thinking, observing and doing everything with attention. Like you are reading this synopsis or when you are playing any sports like chess or when you use remote for changing TV channels. While the subconscious mind is subjective in nature and responds to whatever is stored into it. It's like a recording machine which records everything irrespective of the quality of input data (good or bad). It works in autopilot mode for different activities like walking, swimming, driving, wearing trouser, speaking.

Throughout the day whatever we think and store in our subconscious mind creates our destiny. The onus lies on us to shape our destiny. If we allow Garbage in, then only Garbage will come out. So, it is important to watch our thoughts.

As per the research, it has been concluded that we cannot control our thoughts, but we can always direct it where we want it to be. Self-Talk plays a very important role in directing our thoughts, wherever we want. There are different ways of doing self-talk like Verbal, Non-verbal, written and recorded.

Throughout the day, knowingly and unknowingly, we are creating positive and negative self-talk, which makes us the person we have become today. We can always change whatever we want to change provided we are clear, why we want to change and when we want to change.

“Choose your self-talk wisely, it is up to you!”



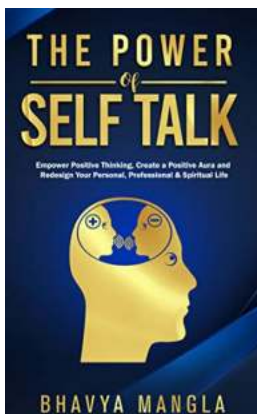
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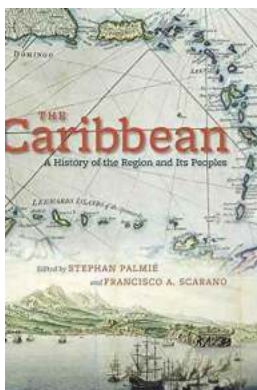
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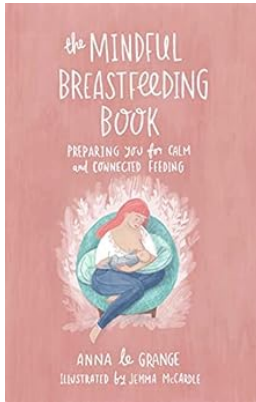
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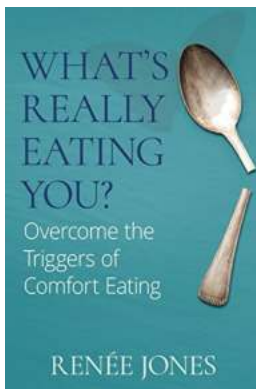
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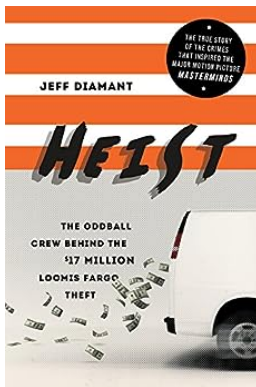
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