## Just a Thought

**Positive Thinking & Pure Thought** is not the same thing.

My ego Self is thinking positively when it is getting what it wants.

When I am getting what I want, it is a positive experience that I think that I like.

When I am not getting what I think that I want, it is a negative experience that I do not like.

It is my negative thinking that is creating my negative experience that I do not want.

Positive & negative thinking are a duality and the result of my beliefs about what I am experiencing.

Pure Thought is beyond the duality of positive & negative thinking.

It is an inspired revelation that emanates from my Soul.

My Soul is incapable of sending my Self a negative thought.

In alignment with my Soul, I can see, know and feel the Purity of my Thoughts.

Positive thinking is the result of my sub-conscious programming, whereas Pure Thought is my super-conscious Mind in communication.

**Negative Thoughts** are created by my sub-conscious beliefs.

They are the result of a sub-conscious belief that I focus my attention on by recalling it from my memory.

Negative thoughts create negative experiences because they are the consequence of a negative belief created by a negative experience.

Any thought about something that I do not want, or something that I do not have, is a negative thought.

Anything that I believe to be a problem, a toleration, or a resistance to my life flowing effortlessly, is a negative thought.

Negative thoughts disallow positive emotional energy.

An emotional state of being always reflects the polarity of its sponsoring thought.

Negative thoughts thrive in an environment of low negative emotional energy, because low emotional energy is the result of negative thoughts.

They express a negative perspective that allows my negative perception of my reality.

www.theinnercoach.eu

Expressing a negative perspective of reality always results in my experience of that reality.

Negative thoughts are by definition thoughts that I do not want to have.

They are the consequence of negative thinking.

Thinking a Thought is an illusion.

I think with my brain, which processes my thinking.

My thinking is a process of remembering past experiences and projecting them into my future. It is a process of my conscious mind. I do not think a thought, I have a thought.

Thoughts just appear in my conscious mind, where I just become conscious of them; I do not have to go looking for them.

Thoughts are a communication of my Mind not a process of my brain.

My brain will process a thought that is received by my conscious mind as it is a processor not an originator of thought.

Processing a thought is called thinking.

Originating a thought is creative and is the ability of my Super-conscious Mind not my conscious self, which only thinks that it is the originator.

With no clear distinction between my thinking and my thoughts, there is no clear distinction in either my thinking or my thoughts.

Thought is the ability of Consciousness to be creative. It is an expression of Consciousness and it is Consciousness expressing its Self.

Thought is created according to my level of consciousness, sub-consciousness or super-consciousness.

Conscious thought is an observation, sub-conscious thought is a memory, and super-conscious thought is an imaginatively inspired revelation.

When all three levels of my Consciousness are aligned and in concordant harmony, I experience **Balanced Thoughts**.

Conflicting thoughts occur when my levels of consciousness are out of alignment and in disagreement.

Balanced thoughts have neither a positive nor a negative polarity, they are neutral.

Positive thoughts require the existence of a negative opposing perspective in order for them to be positively expressed.

It is the known presence of a negative thought that allows my thought to be positive.

www.theinnercoach.eu

The inspired revelations that express the imaginative genius of my super-conscious Soul are absolutely beyond the relative duality of being either positive or negative, as they always maintain the integrity of neutral balance.

When my sub-conscious beliefs, that create my conscious experience, align with my super-conscious vision for my life; my thinking becomes balanced and I am inspired and empowered by the imaginative genius of my Thought.

However, when my conscious will is in conflict with my sub-conscious beliefs, my super-conscious Soul remains neutral.

**Super-Conscious Thought** is the energy of my Super-Conscious Mind in action.

My Super-Conscious Mind is the Authority of my Soul.

The Authority of my Soul is Pure Thought.

I receive the authority of my direction in life as pure thought that is a message from my Soul.

Receiving clear direction requires a quiet mind that is uncluttered from the process of thinking.

When my brain is free of thinking, it is clear to receive a Thought directly from my Super-Conscious Mind.

It is a transmission from my super-conscious mind to my conscious mind; from my Soul to my Self.

Super-conscious thought has both clarity & direction.

I require both clarity & direction to receive my super-conscious thoughts.

My super-conscious thoughts provide my Self with both clarity & direction.

With clarity & direction I have presence, which is divine.

Divine Presence is my connection to my Super-Conscious Thought.

Keith Collins

The Inner Coach

keith@theinnercoach.eu

February 2012