



Thought

James R D Yeaw

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A practical approach to looking at the thoughts that create your life and your world. There is no physician like cheerful thought for dissipating the ills of the body; there is no comforter to compare with goodwill for dispersing the shadows of grief and sorrow. To live continually in thoughts of ill will, cynicism, suspicion and envy, is to be confined in a self-made prison-hole. But to think well of all, to be cheerful with all, to patiently learn to find the good in all—such... unselfish thoughts are the very portals of heaven; and to dwell day by day in thoughts of peace toward every creature will bring abounding peace to their processor. ~ James Allen, *As a Man Thinketh* It is important not just to think, but understand your thought; understand where it comes from. Are you helping or hurting yourself with self-imposed thought? It is certain those with the greatest measure of an abundant life among us are their own best friends, and the ones who struggle most are their own worst enemies. This book is a practical guide to discovering and healing your thoughts. It has been used in classes at Unity Spiritual Center with amazing results. Apply the principles, use the exercises, practice mindfulness and you will be amazed as you arise out of stinkin' thinkin'.

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