

Do You Know Why Its Important to Chant for a Positive Goal?

This week we've going to discuss how to turn a negative problem into a positive goal.

Daisaku Ikeda says in *My Dear Friends in America*, that Buddhism expounds the concept of the mystic or wondrous workings of the human mind.

Quote: "Life is a 'visible' manifestation of the 'invisible workings' of the mind."

This leads us directly into the concept of oneness of self and environment. In November 2003, Bill Aiken wrote a wonderful article in the World Tribune on Oneness of Life and It's Environment.

Quote:" Rather than there being one static environment that we living beings are born into, every environment is uniquely customized tailored to suit each of us according to the state of our inner lives." So in a sense we're all going around with our personal universe, one that extends from the inner depths of our hearts outward to all the phenomena of our surroundings."

Our outer lives, then, reflect our hearts and what we think and believe.

How This Effects Setting a Goal

Clearly, if our thoughts and beliefs are causes for future effects in our lives, we want to make those causes as positive as possible.

When faced with a problem, people have a tendency to set a goal focusing on the problem. For example "I want more money". This is a negative goal because you are focusing on what you are lacking. You don't want to project that to the universe.

Instead focus on what you want. In this case it might be, "I want to *have* \$2000.00 a month. Envision the end goal, what you want to have happen as already accomplished.

Envision how it will look when you get what you want, how you will feel. Maybe you envision a check for \$2000 coming in the mail, or see yourself depositing it in the bank. Maybe you would feel a sense of freedom at being able to easily pay your bills and have some extra besides.

How Do I Handle Doubts?

What if we have a lot of negative thoughts and doubts?. If we want to have positive results in our lives, we will have to address that negativity, those doubts. After all they are going to manifest just as your positive thoughts will. Study and ask questions until you can let them go.

Remember our battle is with ourselves. Our fundamental darkness leads us to doubt the power of the mystic law.

When we have doubts we are in a push-pull relationship with our goal. I want it, I don't think I can have it. I want it, I don't think I can have it.

I can't tell you it's easy. But here is a small exercise which will help you dissipate doubts.

Every time you become aware that you are thinking doubts just quietly focus on your end goal as already accomplished. You might have to do that many times during the day. You are changing the habit of negative thinking to one of having positive thoughts. If you want to change this habit, work on this one small change. Before long that change will lock in and become comfortable just as your current habit feels now.

What About Negative Beliefs?

We may find we have beliefs which won't allow us to achieve that goal. For example, lets say you want money. But you have learned from your parents, your culture and friends that that money is the root of all evil. That belief would interfere with the goal of making more money. On the one hand you are mentally pulling money to you, on the other pushing it away.

Our challenge is staying focused on what we want, not what we don't want.

Human Revolution

This is ground zero for our inner transformation, our human revolution. This is when we must change ourselves, and transform our doubts and our limiting beliefs so we can move towards enlightenment.

Handling a negative belief is a more complicated. We have to think about it, study and talk with other people until we have worked through it to something more positive. Many times these negative beliefs have been transmitted to us by our culture, by parents and friends. They feel right because they are so familiar. However they've come, and no matter whether they feel right, if a belief is in conflict with your goal, you must change it, if you are to achieve what you want.

Ask yourself. Is this belief allowing me to move towards my goal? Let's take this belief about money? When you think about it, isn't money itself neutral? It's what we do with it that makes it good or bad

To change this belief, chant to find someone who is doing what you want to do. Ask them what beliefs do they have, in this case regarding money? Then use them as a model just as you have used your family and friends in the past.

Summary

1. Life is a 'visible' manifestation of the 'invisible' workings of the mind.
2. We want to set a positive goal as a cause for a positive effect in the future.
3. You must resolve doubts as they will manifest in the future if left un attended.
4. An exercise to resolve doubts.
5. If you have a negative belief, find someone who is doing what you want to do, find out their beliefs and use them as a role model.

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