



# CHANGE YOUR THOUGHTS

**"For as he thinketh in his heart, so is he:"** Proverbs 23:7a

Everything begins with a thought.

*Our thoughts are more powerful than we realize because they are not only the beginnings of our actions and speech but also carry the essence for movement and change.*

**The mind is more powerful than we believe.** Have you ever heard the saying, "You can do anything if you just put your mind to it? "Well, for the most part, this saying is true.

Here are some fascinating truths about our thoughts

- ***Your thoughts are more powerful than you think***
- Thoughts matter: as a matter of fact, they ARE matter, they are energy, and energy is matter
- According to scientific research, imagining or thinking about an action and doing an action require the same motor and sensory programs in the brain.\*

Here are a few thinking thoughts that will aid you in beginning the process.

1. Pick up a positive thinking book (*see our list of Positive Thinking books at [imerge.org/positive book club](http://imerge.org/positive-book-club)*)
2. Social Media Fast Take a break from social media for a week or at least three days.
3. You can enroll in one of our classes at ***imerge.org*** for helpful teaching.

Remember, everything begins with a thought, EVERYTHING

\*Asap Science (Jan 17, 2013) "The Scientific of Powerful Thought."