

Everything we *SEE* — *SAY* — *DO* — *HEAR* — *THINK* is recorded in your subconscious mind computer. Your body uses electrical power to record what we experience on our brain cells. Like a computer, what goes in is the only thing that can come out. Be careful, allow only the best in so that only the best will come out. "For whatsoever a man soweth, that shall he also reap. (Galatians 6:7)" You will later harvest the acts you have allowed to be planted. We have the power to:

1. Create our own thoughts.
2. Receive Inspiration (or positive thoughts from LIGHT).
3. Receive Sinspiration (or negative thoughts from DARKNESS).

With the above capability, I have come to realize that we are a "*Live Receiving Set.*" We can tune into the positive station which gives off Light and Knowledge — but we must "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you;" (Matthew 7:7). We need to ask for information to open up the Positive Airways — whereas, the opposite station from darkness, needs *no invitation* at all. It is always blaring to our spirits. We pick up the thoughts — wrestle with them — accept or reject them one by one, taking from us a great deal of energy in mental battles. To stop this tapping of our mental energies, here is a simple technique taught in the course I took. It is a mental tool to control all negative thoughts.

Whenever a negative thought comes to you (in the chambers of your mind), use verbal and mental commands such as "*I CANCEL THAT THOUGHT*" or "*I ERASE IT.*" The results will amaze you. You will get results comparable to the pushing of a *Cancel Button* on a computer or microwave oven. Saying these phrases *many times* simply clears the mind of the negative thought. Using this technique consistently, will quickly give you the desired results.

Remember, *if any negative thoughts come into your mind*, such as:

1. Being unforgiving of someone.
2. Belittling someone or yourself.
3. Self comparing in a negative way.
4. Criticising yourself.
5. Feelings of "I can't."
6. Degrading or filthy words.
7. Feelings of anger.
8. Desire to see R, X or unclean movies or magazines.
9. Desire to smoke, use liquor or drugs, etc. etc.

Simply say, "*I CANCEL THAT THOUGHT!*" — *I ERASE IT!*" — and your mind's energy will cut it OFF!! By using this technique, you will realize the amazing control you have over the thoughts that enter your mind. The mental wrestlings will stop and the peace that it creates inside, is exciting!! It works. Now, **YOU ARE INVITED TO USE IT!**

If great numbers of Christian People use this technique, I can see us finally doing something on our part to help fulfill the scripture, "And Satan shall be bound . . . for the people have no desire to do evil." The reason being, they will realize how evil input occurs and they will be able to shut off the signal for they have "*CANCELED*" their reception of it.

We are not to be commanded in all things. It is time for us to use our free agency in a way which will have a great effect upon mankind.

If not this technique, *what?* If not us, *who?* If not now, *when?* It is time for all good people to exert personal daily effort to make this world better.

by Carolyn P. Ringger

