

## MANTI STAKE PREPARATION EVENT

Emotional Health - 29 April 2023



Go to: [sanpeteready.org](https://sanpeteready.org) "How To Turn Life's Negatives To Positives" by Carolyn Pearce Ringger  
<https://sanpeteready.org/instructions-for-my-life-is-a-joy-seminars>

First, listen to the talk recorded: "How to Turn Life's Negatives into Positives."

**1** ~ Enjoy listening to my original recording to set your own foundation on "How to watch over your THOUGHTS – YOUR WORDS – AND – YOUR DEEDS."

**2** ~ Read through my book: MY LIFE IS A JOY TO ME.

*(Other books by Carolyn Pearce Ringger are listed at the end of this post.)*

~ The goal is to catch the understanding that you can become the person you WANT to become by your own Doubting Not FAITH In JESUS CHRIST.

~ This Doubting Not faith in CHRIST takes MENTAL EFFORT. (Joseph Smith taught that Faith works by Mental EFFORT. Lectures on Faith, p. 61.)

**3** ~ Begin your inner growth by watching over your THOUGHTS. Mentally "Erase" each 'Negative Thought' you receive and replace it with Positive Pure and Enlightening Thoughts.

To do this takes a sincere desire and daily awareness as you ERASE AND REPLACE NEGATIVE THOUGHTS unto POSITIVE THOUGHTS.

Have Fun as you practice HOW TO TURN THE WORLDLY NEGATIVE THOUGHTS to POSITIVE THOUGHTS, by your own choice. : )

**4** ~ Select the "Alpha Relaxation – STRESS RELEASE" recording. Listen to it each day or night for 7 days to train your mind and body how to relax and attain the Alpha Level of consciousness, the state when the brain accepts new ideas easily. We can then "Program" our mind to direct our life as we choose. "As a Man Thinketh in His Heart [thoughts] so is he" or "As a man soweth, so shall he reap". Then as a magnet is pulled to steel, so we will be attracted to our New Programming.

**5** ~ Next listen to the recording of "I Erase and replace – I Forgive" – – for 21 days. This topic is designed to help you CLEAR OUT and transform each Negative, hurtful experiences of your past and replace them with Positive Programming. Say or think your New Label ... " I Love people and people LOVE ME ... I Forgive Anyone Who Has Ever Hurt Me in Any Way".

ASK the LORD for further Light and Knowledge on how to forgive everyone – even yourself then – – – LISTEN TO THE STILL – SMALL – VOICE as you learn to be guided by GOD our Father.

**6** ~ Follow up with the Recording of – “I Can Cleanse My Inner Vessel.” It is designed to help you locate the errors in your self-image which have accumulated from your past. These errors are now your operating systems and can be “Cleansed” from you. They can be corrected by your faith in Jesus Christ. You can access the negative emotions and transform them through this technique, using the body’s master energy gland, the thymus gland.

\* Use this recording each time you feel a barrier arise in your life. Each time you feel a negative coming forth, such as fear, feelings of hate or anger, feeling poor, or feelings of ‘I Can’t,’ just use this recording to ‘Clean’ your inner vessel from each self-image error held within you.

**7** ~ Next Listen to the “Persistence Is a Joy to Me” recording for 21 days. You will awaken to personal miracles by your faith, your Positive Mental Effort. Think or Speak your NEW LABEL ... “I do tasks – and assignments – on time, even early.”

**8** ~ Next enjoy listening to ... “Love Thy Neighbor As Thyself” for 21 days. To have Charity is the greatest Gift of God”. We cannot possess too much Love in our lives. Say your New Label... “I Love People and People Love me”.

**9** ~ Listen to “Good Health Brings Me JOY” for the next 21 days to receive your individual results. Think and speak your new label “I am a Healthy, Happy, and Responsible Person. I LOVE MYSELF.” “I Love My Neighbor as Myself.”

**10** ~ Next Program “Abundance...The Lord’s Law...Is A JOY TO LIVE.” ...

Listen for 21 days as you enjoy your results – – – by your own CHOICE! Say your new label: “I Live the LORD’S Law of Tithing. Good Job Opportunities flow to Me. I prepare myself for them.”!

**11** ~ Program “Self Confidence Brings me JOY” ... for 21 days. Say your new Label: ‘I Am Happy, I Feel Confident’.

**12** ~ Listen to ... “Marriage Brings Me JOY” ... for 21 days to strengthen your marriage. Say to yourself: “We Have a Happy Marriage – We grow closer each day.”

**13** ~ Program ... “Public Speaking Brings Me JOY” ... for 21 days or before giving a talk. Think and say ... “I Am an Interesting Public Speaker.”

**14** ~ Listen to “I Am A Lean Person” – for 21 or more days. Watch the real you come forth. You can create the inner vision of your true self. The results are real. You can become the weight you desire step by step. Say your New Label. “I Am Lean... I weigh \_\_\_\_\_ lbs. I wear size \_\_\_\_ Clothes. YES!!

**15** ~ Enjoy ... “I Am Lean – Inner Cleansing Keys.” — Use your Thoughts to access the negative emotions stored in your tissues. Then by your Faith in Jesus Christ, instruct the negative intelligence to be gone. Then replace the negative THOUGHTS with Forgiveness, Light and Pure Love, Your Spirit can choose to be more in charge of your emotional, human body.

**16** ~ This program is for your school age children. “I Love Learning My Multiplication Tables.”

Listen to this recording for 21 days as they go to sleep. Watch them grow. Their ability to recite the multiplication tables will increase dramatically.

**17** ~ “I Love Learning” ... All that is truth. We have witnessed growth in each child who uses this recording.

Their feelings about themselves changes through their actions. Many positive affirmations are recited. Students ‘FEEL’ they are smart! Say your NEW LABELS ... I am Smart...I receive good grades...I Get A’s and B’s on my school assignments...I LOVE LEARNING!”