

find a quiet room and put on some nice relaxing music And I begin to put my life into perspective And I forget the possibilities of the future And I begin to focus on the positive of the now And I think of the things of the past knowing that I cannot change them Whatever has happened in the past was destiny And so now I put a full stop in my mind To anything that has happened in the past And I finish the thought Of why did this happen Negative things have happened Because they were destined And now with that powerful thought I erase this from my mind And there is no longer any tension Or stress from any passed event Because I put a powerful fullstop in my mind That whatever happened was destiny And with a powerful positive mindset I will learn and move forward And be at peace And I see the past As a book that I have read It was entertaining But a new chapter Has now been created for me And I will fill my mind with positive thoughts And remove negative thought Trying to change the past Is impossible And will create tension in the mind I now refocus the energy into the all important present For that is where the power is

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The power to change The power to be inspired And the power to inspire others In the same way I do not worry about the future And start to imagine negative events happening This will only forge a blueprint for these negative events to happen I project the thought Those only good and positive things will happen to me And I will maintain a determined thought That whatever happens I will remain positive, focused and concentrated And now in the present I have the power to create the state of mind that I wish I am completely independent of other people and positive circumstances For my state of mind I have the power to create positive peaceful thoughts To be free of stress To give light And lead a stress free life This is the power that I now ignite And I focus to switch on My motivation And to ignite the spark Of light and positivity And then to drive into the future With my head Shining with light Steering my way to a life Of love, likeness, and enjoyment A stress free life is a state of mind And a choice to be made now.