

# Mind OVER Matter

The average person has over 40,000 thoughts roaming through his or her mind on any given day, perhaps even more. As impressive as that might sound, there's a catch.

About 80% of these thoughts are repeats from the previous day, week, month or even year. Here is another catch. Most of these repeated thoughts are perceptions, attitudes, beliefs and opinions about our personal day-to-day situations or interactions with other people, and the majority of these thoughts are stress-related—unresolved issues of either anger or fear.

Scientists who study human thinking processes—particularly, intentions such as prayer and various forms of healing—say that our thoughts and feelings are actually a form of vibrant energy. In other words, the mind is a limitless bank of conscious energy, which uses the brain as its primary organ of choice, says Brian Luke Seaward, PhD, author of *Quiet Mind, Fearless Heart*.

With most thoughts being repeats from a previous page in the book of our lives, it appears that, for the most part, the average person's energy is poorly spent on taking one step forward and two steps back.

Given the possibility that our thoughts and feelings are indeed a form of energy, the question begs to be asked, "How and where do you choose to spend your energy?"

