

WISDOM SESSION

Pollyanna Had a Point!

“There is a powerful decision at any time, for the choice to appreciate and acknowledge value always attracts more value.” - Sandra Anne Taylor

There’s a wonderful story about a little girl whose refusal to think anything negative changed an entire town. In this story, Pollyanna encourages people to stop seeing themselves as sick, alone or hopeless in any way. Even when things are hard, she teaches them to play the “glad game,” a game where the person tries to find at least one thing to be glad about, no matter what difficulty they may be experiencing.

This inspiring story was very popular several years ago. Over time, however, people have begun to see themselves as too sophisticated to engage in such a simplistic approach to things. In fact, the name *Pollyanna* is now often used as a term of derision, a way to belittle someone who is “too optimistic,” implying that they’re not being realistic enough!

But Pollyanna had a point! As simplistic as it might sound, there’s no reason to ever engage in pessimism. No matter what difficult experience you’re faced with, pessimism does not help the situation. It doesn’t change things for the better. It doesn’t empower you or anyone involved. And it certainly doesn’t create the kind of energetic environment that fosters miraculous and happy outcomes.

In fact, no matter what the obstacle, it’s utterly self-defeating to engage in the energy of pessimism, precisely at the time you need a miracle most!

Only the energy of optimism and value can create the miracle you need at *any* given moment. You must assume the best, and you must search for something to value in your life, no matter what hardship you may be enduring. The “glad game” is a way to find something of value, something that could be appreciated no matter what else is going on.

There is a powerful decision at any time, for *the choice to appreciate and acknowledge value always attracts more value*. Of course, Pollyanna had no awareness of quantum physics. She just knew it made her feel better, and when she taught it to others, it made them feel better too. Pessimism, on the other hand, only succeeds in making people feel worse.

Because optimism is emotionally beneficial, it’s also energetically favorable. Emotions charge your energy, and the excitement that comes from optimism pumps up the volume of your magnetic resonance more than almost any other emotion. So whether you decide to be optimistic because it makes you feel better, or because you finally realize that it’s necessary to change your energy, it doesn’t really matter. The magnetic consequences of your optimism will remain the same. When you choose to be optimistic, you radically change your electromagnetic field, bringing a brighter, happier light frequency to your world – and to the world of those around you.

For this reason, the importance of the daily practice of affirmative self-talk cannot be overemphasized. People often feel silly when they start this process, but *don’t let this stop you*. Say them in the shower, in your car, cleaning the house, and *every time you look into the mirror*. You must *inundate* yourself with healthy, compassionate and encouraging self-talk every day.

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Change Your Energy Now

It's time to change your life from negation to affirmation: Create your own affirmative intentions; be as positive and as self-nurturing as possible; fill your heart and saturate your consciousness with these new ideas. Here are some tips for "creating powerful personal affirmations:

1. Never phrase affirmations in terms of what you don't want. (For example, instead of "I'm not going to attract hurtful men anymore," use "I'm attracting healthy, loving, and supportive men.")
2. Always make the affirmations about yourself, not about other people. (For example, instead of, "He's becoming more and more attracted to me," use, "I'm becoming more and more attractive every day.")
3. If it's hard to verbalize a strongly positive statement with conviction, such as "I totally accept myself as I am," you can soften it by adding phrases like, beginning to" or "learning to." (For example, "I'm learning to accept myself as I am.")
4. Make some affirmations in the second person. Say these while looking in the mirror. (For example, in addition to, "I'm valuable and deserving of love," look at yourself in the mirror and say, "You're valuable and deserving of love." This is very important. Don't skip this step, thinking it's silly or unproductive.
5. Use the present tense, even when describing an event that hasn't yet manifested in the physical realm. (For example, instead of, "I'll have a happy romance in my life," use "I have a happy romance in my life. I have a great romance.")
6. Add some emotional energy to your affirmations. (For example, "I'm excited about the love in my life," and "I'm thrilled about the happy romance I have in my life.")
7. Say your affirmations out loud, as it amplifies the energy of your intentions. Speak them with conviction, and be open to hearing their truth.

It's true that our society and training can make it difficult to be affirmative and optimistic 100 percent of the time. Don't worry – if you judge yourself for your negative thoughts, you're only adding negation to negation. You must forgive yourself and move on. Let yourself experience and express your honest feelings, and then release them. Rededicate yourself to focusing on the pluses, and the pluses will multiply.

- *The Secrets of Attraction*

"A joyful heart is good medicine, but a crushed spirit dries up the bones." – Proverbs 17:22

OTA - Observe my Thoughts and Actions

September 19, 2022



David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.