

Positive Thinking

"A merry heart doith good like a medicine." *Proverbs, 17:22*

"He who laughs, lasts." *Marius Erasmus*

"Believe that you have it and you have it." *Desider*

"You are what you think." *Unknown*

"You'll see it when you believe it." *Wayne Dyer*



Live in Harmony

Some people believe our minds and bodies live in harmony. For example, think of your mind as the captain of the ship and your body as the ship. Your mind, the captain, is in charge of keeping your body, the ship, healthy. If a part of your body becomes ill, your mind can do two things: either think positively or negatively. If you get sick, it would be like a part of the ship is leaking. As the captain, your mind would need to lead the crew to work together to fix the leak. The crew would then have to bail the excess water. If the captain became afraid, the crew would panic. What would happen to the ship? If the captain stayed calm, what would happen to the ship?

Some people believe that thinking positively about your body is the best way to stay well. For example, some people need heart transplants. Doctors will operate only on people who have a positive attitude about themselves. They believe that positive people will recover better and faster than those who have a negative attitude.

What will you do to stay healthy?

How can positive thinking affect your health?

What can you say to yourself to stay healthy?