

The Power of Small Change



How One New Thought
Can Change Your Life

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Introduction

“Change your thoughts and you change your world.”

Norman Vincent Peale

Are you ready to experience the extraordinary ripple effect that one small shift in thinking can produce in your life? Are you ready to experience the power of small change?



It's easy to believe that in order to experience change in a particular area of our lives, we must put forth a tremendous amount of effort and even struggle to make that change happen. It's the belief that most of us grew up with and saw other people living as well. But what if it wasn't true? What if creating change through effort and force indicated that we were actually going in the opposite direction of what we want?

When we are using a big effort to try to change anything, it is the equivalent of driving on the freeway with the emergency brake on and not realizing it. Thinking that it is just “normal” for a car to operate with great resistance, we keep pushing harder and harder on the gas peddle to force the car to go faster, burning up tremendous energy and causing incredible wear and tear on our vehicle. We're not realizing that the brake, which is causing the resistance, can be released with a simple pull of a small lever. So instead of releasing the brake, we set our mind to trying to figure out how to make the car go faster even under the pressure of driving with the brake on.

Similarly, many people are living their lives with certain thoughts that create the same experience in living as driving with the brake on. Our lives are meant to be lived in a free, empowered, expansive, abundant way because of who we really are at our core, and unless we unnaturally slow ourselves down with certain thoughts, we will very naturally move through life creating and attracting experiences that reflect the valuable, unique and powerful souls that we truly are.

But because most of us have forgotten who we really are and that we are here to create new experiences in our lives one fresh moment at a time, we put the brakes on ourselves through certain basic thoughts which in turn keep us from moving easily into everything we really want to experience. Not realizing the power that those few, basic, flawed thoughts have on us, but knowing that we're in situations and experiences that we really want to see change happen, most of us put all of our mental and physical effort in trying hard to change the outer circumstances, while leaving locked in place the thoughts within us that are giving birth to those circumstances.



This is a little book about locating and releasing the “emergency brake” in your mind so that you can freely live your powerful life and return to the natural flow of well being and abundance that is your birthright!

Among all the brakes that we can put in our mind, there is one fundamental belief that most of us have tucked deep down inside of ourselves that is the biggest culprit in stopping the natural and powerful flow of our lives. What is that core thought that makes struggle seem like such a normal part of life? Keep reading, because when you understand what that primary thought is, you will also be introduced to the profoundly simple new thought to replace it, an intention that can create the kind of effortless change in your life that you may have only dreamed was possible!