



**BE POSITIVE!**

# How the physical and spiritual realms

Science has studied this to some degree, and they have found that even just through positive thinking your body is actually physically strengthened and made



# The act of thinking positively signals a chain reaction in your body, which starts in your brain and then spreads

This is why meditation, which is often focused on positive thoughts, is considered a form of healing in some ways, because the one meditating feels release from physical pressure or strain and experiences rejuvenation or feelings of relief.



# Positive thinking is a spiritual act,

**Your spirit has to be  
in the right position  
for it to respond**

**Your mind will not make the decision to be positive**

# Positive thinking is a spiritual power



**It's available to anyone,  
and so are the effects and**

**Positive thinking not only affects your physical body,  
but it affects your physical surroundings**



**When you're positive, it affects the way people  
react toward you, which in most cases would**

# When you're reacting positively,

it changes the spiritual atmosphere around you...



... which automatically makes people  
feel more comfortable in your presence.  
They feel at ease when around you;  
you become easy to approach

**This makes others happier,  
which in turn lightens their personal loads or spiritual heaviness,**



**Positive thinking, which results in positive  
actions,  
causes a chain reaction of positive results,**



**The mere act of thinking positively  
can transform your day from a stressful one**

**TRY IT!**