

## THE POWER OF CHOICE

So much of our behaviour is driven by the subconscious mind. Our habits, patterns and moods are largely unconscious activities. This means most of us remain slaves to our histories and the patterns we've accrued along the way. This scenario is such a terrible waste of our greatest gift... the power to choose, the gift of free will. Below are listed a number of affirmations that can help raise your consciousness to a point where you can reclaim the power to choose from the 'patterned' clutches of the subconscious mind. By daring to choose we bring the conscious mind into action. The purpose of the conscious mind is to decide the course of your life. The subconscious mind is meant to underpin and support those choices and decisions. Try reciting the following on a daily basis, in order to exercise and develop the power of the conscious mind...

I choose for the rest of my life to believe in myself, my talents and abilities.

I choose for the rest of my life to be loving, kind and true to myself.

I choose for the rest of my life to embrace peace, happiness and joy.

I choose for the rest of my life to be clear, calm and confident.

I choose for the rest of my life to respect myself and to treat others with respect.

I choose for the rest of my life to find the jewel of benefit in every situation.

I choose for the rest of my life to learn from my mistakes.

I choose for the rest of my life to fly beyond the negative pull of anxiety and fear.

I choose for the rest of my life to keep finding and celebrating the good in me.

I choose for the rest of my life to let go of the past and live happily in the now.

I choose for the rest of my life to listen to my heart and decide with my head.

I choose for the rest of my life to fully accept, love and forgive myself.

I choose for the rest of my life... choice!

Spend some time coming up with 'I choose' statements. The more you build a vocabulary around choice the more you will claim the ultimate prize. You are the major shareholder in your life, but you need to choose that position otherwise the anarchy in the boardroom (the subconscious mind) will continue. So, use these suggestions but make time to develop your own. The more you find 'I choose' statements that fit you, the more empowered you will become. This exercise is best conducted at a time when you can be still. Five or ten minutes is enough to get you started. Make the decision today to choose this way of thinking every day and within two to three months your choices will come looking for you!