

Ocean-You-Thinking-Evolving

Our thoughts have everything to do with the ocean, like waves our thoughts come in and go out, this is why what we think matters.



Your body still functions like beneath the waves there are tides, currents rips. No matter what is happening under the waves they still roll in and draw out, this is how we can deal with thoughts let them come in and pass by you don't have to catch every wave.

If we look out onto the ocean depending on the day the ocean may be calm, inviting or it may be pounding with majestic powerful energy that commands your respect and acknowledgment and we except today I should stay away, just as a negative destructive thought. If our thoughts are positive, it resonates through our body system with a calm rhythmic pulse even though our mind may pass a flirting negative thought we can be conscious of it and replace the negative thought with a positive thought it can never be one way or the other because our mind is structure to experience the ying/yang positive and negative other wise we would not be able to measure experience we are here on earth to experience.

Without experiences we can not grow as a soul you came with the right to choose how you want to operate your mind body system.

Like a computer/device you choose which software you want your computer/device to run on, maintaining a positive program will bring you great joy all you desire, running your system on a negative program has the potential to inflict great damage on the body system by way of installing illness viruses it becomes a roller coaster ride that your unable to get off.

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Our amazing mind & body you have the choice to turn it around simply by deleting the software program, you get to choose you are of free will, you are an amazing work of art a universal structure.



People will come into your life, like beneath the ocean there are many creatures that may wish to harm, many that are intrigued with a desire to swim with you they may feel that they resonate with you.

You must be clear about intention the vibe you send out is the vibe you are drawing back to you. If someone you meet doesn't resonate with you pass on by.

Experience,

Don't become hooked on an experience let it pass by, even if you don't get the why, the experience came to you one day the why the experience came to you will become clear. What you think matters as the waves what you think out you draw back to you when you dwell on an experience of the past you are drawing the same experience back to you and we all do this in our mind go over the same experience over & over & over again, so if you've spend a whole day thinking about that event that experience you've spent a whole day creating the experience back to you.

Practice staying in the present moment in the now, send thoughts out that you want to happen in your life, feel it, feel it as though it has already happened as what you want has already happened it already exists in your life. Feel happy grateful that you have it in your life, if this may be a hard concept think about the best present you could ever get feel how it feels excitement, happy grateful this is...

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important as you need to coincide the feeling of what you want with a frequency a vibration (cause & effect).



Visualize what you want as it has already happened NOW not down the track in 1 month, 2 months, I give myself 1 year, 2 years, 10 years,

it must be as if it has already happened, that is the art of creating. Eventually as the tides of the ocean it will bring what you desire to you it must be with clear intention, you will need to practice this, like any art form anything you work towards you must practice.

When we chop around in thought the universe has no clear path of what it is we desire. Think it, feel it, believe it and it will come!

When we focus on an experience of the past, thinking on it all the time is what we are creating. Thinking thoughts out of clear intention of what we want is creating our tomorrow.

You are the creator of you, you are the creator of your life there is no one controlling you, you are the creator of your life. There are many programs running on the earth, but you get to choose what you believe you shall have, if you believe nothing is for you, you will never have what you want, who is creating that?

If you believe anything is possible for you and all you desire is there for you, who is creating that?

Believing is the CODE!

We are part of a collective consciousness; we are all part of the structure if we all think negative, we are creating negative for humanity and the earth, if we all think positive, we are creating positive for humanity and the earth.