

Biz Buzz



Beyond Positive Thinking is a Clear Focused Mind

I have had many conversations about what I do and inevitably people will say, “Oh you mean like teaching people to think positively.” This of course would not be teaching people to think differently (which is what I do) as it is just using the same outdated assumptions about achievement as always. Free yourself of old thinking processes and you get closer to where the game really can be played.

Beyond positive thinking is a clear and focused mind, free of judgment, struggle and resistance. Deep within this new mind is a “knowing” that all is well. It is a feeling that encompasses your whole body not just your head. There is no thinking involved with this, it is an indescribable, silent belief that permeates outwards in all you do. When it does come forth through thinking and action it is effortlessly positive, compassionate and definitely powerful. People might say you are a very positive person but you will know it is beyond those simple words and if you were to describe it to them they may not fully know what you are saying unless they too have experienced it.

To move beyond just thinking positively doesn’t require much outward action. It does not require a special set of rituals or a quiet place. That is too much work and time and requires planning and organizing to fit it in to your schedule.

Here are ideas that will help you break free of the limitations to positive thinking and allow a clear focused mind to emerge without consumption of time or excess energy:

- Know that you can deeply believe in people more than they believe in themselves.
- Look for proof that life is filled with love, grace and peace. This is what people want to see but cannot.
- Break free of concepts, opinion or theory defined as truth with real reflection or exploration.
- Observe without judgment your own thoughts, other people and everything that goes on around you.

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Don’t take my word for it, try it out for yourself, only then will you be truly living with a clear focused mind. See what amazing things happen.

Jonathan Creaghan teaches how to think differently about life, leadership and how the world works. Sign-up to receive The Thinking Differently Diaries at www.leapsafely.com. Jonathan can also be reached at: jonathan@leapsafely.com, or 519.472.2562.



Reliable Web Hosting

For professional, reliable web hosting, we recommend DreamHost. With very affordable rates (prices range from \$9.95 to \$79.95/month USD) all of their hosting plans offer a complete package of standard features. With over 300 servers and a full compliment of support staff they offer the reliability needed for small-to-medium sized businesses.

Protect Your Domain

Keeping your contact information updated with your domain registrar (and other online service providers) is crucial. Many domain name registration companies will send out reminder emails notifying you that your domain is about to expire. However if you have switched Internet Service Providers (ISPs) or if your email address has changed you will not receive these reminders and risk losing your web address forever. There are several legitimate (and many not-so-legit) companies waiting to pounce on your expired domain to use it as their own, or resell it back to you at a higher price.

