

**Philippe L. De Coster, B.Th., DD**



**Positive Thoughts to Change  
my Self-image with the Pendulum**

**© February 2017 – Satsang EBook Publications,  
Ghent, Belgium (Non-commercial – Free download)**

**Owner: Philippe L. De Coster. Copyright**

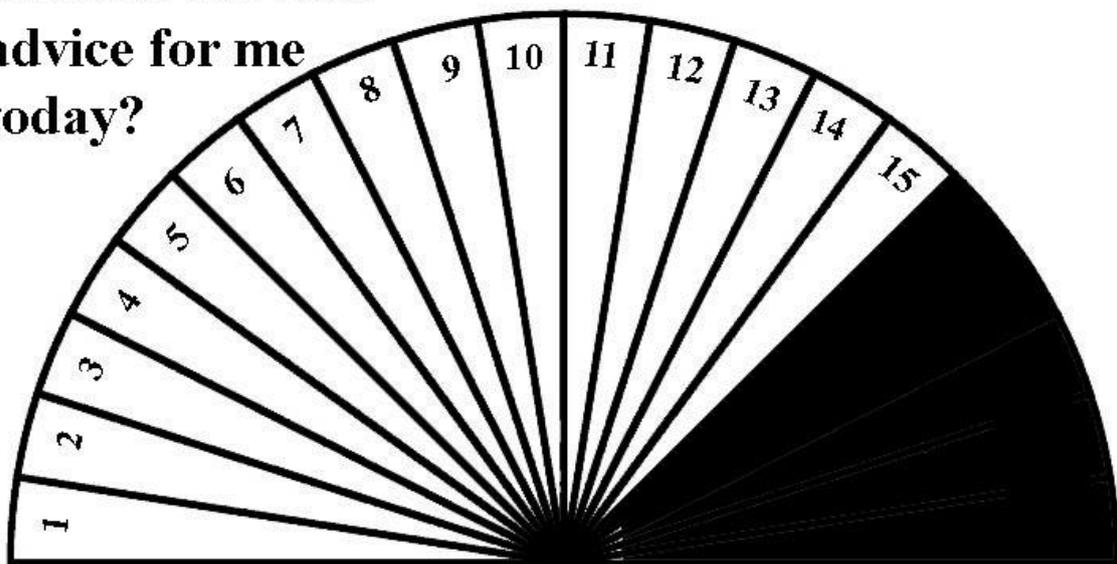
## Positive Thoughts to Change my Self-image with the Pendulum

Thoughts represent insights, philosophies, ideas, opinions, self-talk and judgments that constitute one's fundamental values, attitudes, and beliefs. Thoughts are more than the normal thinking we do all the time in our conscious mind. Thoughts often spring from learned attitudes that are deep within our subconscious mind. Life experiences have forged our beliefs, and these beliefs must be identified to effect permanent change. Thoughts in the context of this essay mean both conscious and subconscious ideas and beliefs that influence the slave's emotions and behaviour.

*"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."*

*-The Buddha -*

**What is the best  
advice for me  
today?**



**Oscillation on a number, look for the answer hereunder.**

Filcosart

**Read and apply the comments as well**

**You may also ask the advice for a week, or month even.**

**Positive Thoughts to change self-image from positive self-image reading to understand how it applies in slave training:**

**1. Avoid Extremes:**

Correct the internal voice that thinks in extreme, especially when it is negative. Example: (“I always make mistakes”) No one “always” does anything.

**2. Top thinking negative thoughts:**

Sometimes putting a stop on negative thinking is as easy as that. The next time you start giving yourself an internal browbeating, tell yourself to “stop it!” If you saw a person yelling insults at another person, you would probably tell them to stop. Why do you accept that behaviour from yourself?

**3. Accentuate the positive:**

Instead of focusing on what you think are your negative qualities, accentuate your strengths and assets.

**4. Accept flaws and being human:**

All people have flaws and make mistakes. They’ve forgiven themselves; so can you.

**5. Accept imperfections:**

Perfection is a high goal to aim for — you don’t need to start there or even end there. Allow yourself to make mistakes and then forgive yourself. Try laughing instead of criticizing.

**6. Don’t bully yourself!**

“Should have, could have, would have...” Try not to constantly second guess yourself, criticize yourself for what you “should” have done better, or expect too much from yourself.

**7. Replace criticism with encouragement:**

Instead of nagging or focusing on the negative (in yourself and others), replace your criticism with encouragement. Give constructive criticism.

**8. Don’t feel guilty about things beyond your control:**

You are not to blame every time something goes wrong or someone has a problem. Apologizing for things and accepting blame can be a positive quality, if you are in the wrong and if you learn and move on. But you shouldn’t feel responsible for all problems or assume you are to blame whenever someone is upset.

### **9. Don't feel responsible for everything:**

Just as everything is not your fault, not everything is your responsibility. It's okay to be helpful, but don't feel the need to be all things (and do all things) for all people.

### **10. Do feel responsible for your feelings:**

You create your own feelings and make your own decisions. People and events may have an effect on your emotions, but they can't dictate them.

### **11. Treat yourself kindly:**

People often feel more comfortable treating themselves in ways they wouldn't consider treating others. Do you criticize yourself with terms like "stupid" "ugly" or "loser"? Would you use those terms to describe a friend?

### **12. Give yourself a break:**

You don't need to be all things to all people or please everyone. Give yourself permission to decide you're doing the best you can.

### **13. Look at the brighter side of things:**

You can choose how to interpret comments and events, so try for the more positive interpretations.

### **14. Forgive and forget:**

Try not to hang on to painful memories and bad feelings – this is a sure-fire way to encourage negative thoughts.

### **15. Focus on what you CAN do, not what you can't:**

Don't give away your freedom to "I can't." There are far more choices with "I can." If you hit a roadblock, don't say "I can't go on until this block ends..." say "What can I do from where I'm sitting now?"

**Your host:**



**© February 2017 – Satsang EBook Publications, Ghent, Belgium  
(Non-commercial – Free download)  
Owner: Philippe L. De Coster.  
Copyright**