

Pivot Thoughts and Shift Focus Practice

A Pivot Thoughts and Shift Focus Practice is a tool used in the teachings of Abraham Hicks to help shift from negative thoughts and emotions to more positive ones. The idea is to consciously pivot away from negative thoughts and focus on positive aspects of the situation or desired outcome instead. This can help to raise one's vibration and move them into a more aligned state, allowing for the manifestation of positive experiences.

To practice pivot thoughts and shift focus, one can first identify any negative thoughts or emotions that they are experiencing. Then, they can consciously choose to pivot their thoughts and focus on a more positive aspect of the situation or desired outcome. This could involve thinking about what they want instead of what they don't want, or focusing on aspects of the situation that are going well instead of those that are not.

It's important to note that this practice is not about denying or suppressing negative emotions, but rather about choosing to focus on positive aspects and perspectives in order to shift one's overall vibration and alignment. Over time, this practice can become a habit and lead to a more positive and aligned way of thinking and being.

Here are a few additional tips to do it conjunction:

1. Practice gratitude: Take some time each day to reflect on the things in your life that you are thankful for. This can help shift your focus to the positive aspects of your life and help you feel more content.
2. Practice mindfulness: Take a few moments each day to simply be present and aware of your thoughts, feelings, and surroundings. This can help you stay grounded and focused in the present moment.
3. Surround yourself with positive people: Spend time with people who uplift and support you, and try to minimize time spent with those who bring negativity into your life.
4. Get plenty of rest and exercise: Taking care of your physical health can have a positive impact on your mental and emotional well-being.
5. Engage in activities that bring you joy: Make time for hobbies or activities that you truly enjoy, as this can help boost your overall happiness and satisfaction with life.

It's important to note that shifting your thoughts or focus is a practice that takes time and effort. It's not always easy to break the habit of negative thinking and replace it with positive thoughts, but with practice and persistence, it can be done. It's also important to give yourself grace and compassion in the process, as there will be times when negative thoughts creep in despite your best efforts. Remember that it's okay to acknowledge those thoughts and emotions, and then gently guide yourself back to a more positive mindset.