

Exercise: Everything Created Was Once A Thought

Everything that has ever been manifested or created was once a thought. All ideas, concepts, things, etc. began with a thought. One easy way of showing that everything is created twice is by looking at the connection between your thoughts and your body. The thoughts that you think can have a direct effect on your body and can sometimes be seen rather quickly.

Can you think of three or more times in your life when your thoughts have influenced a reaction in your body?

1)

2)

3)

4)

5)