



TRANSURFING INTERNATIONAL ACADEMY

The Boomerang

Most people's minds are filled with constant chatter. If the chatter is not controlled negative thoughts begin to dominate very often. As people we are most concerned with what we fear, with what oppresses or displeases us. The human psyche has developed over a period of thousands of years under the influence of destructive pendulums.

It is entirely in your interests to replace it with the habit of consciously controlling your thoughts. Whenever your mind is unoccupied, when you are travelling, going for a walk or doing work that does not require deep concentration, make sure that you programme yourself to think positive thoughts. Do not think about what you have been unable to achieve. Think about what you want to achieve, and you will achieve it.

If for example, you do not like the house you are living in you will probably say to yourself: "I'm sick and tired of this house. Everything about it irritates me. I'll be so happy when I move to a new place. I can't help it, I just hate it!" With thoughts such as these there is no way that you could possibly receive what you want. Even if you are definitely moving to a new home you can be sure that huge disappointments await you. 'Ok', you say, but I am still leaving this old shed and moving into a luxurious mansion! What disappointments could possibly await me? The greater your enmity for the home you currently live in, the more unpleasant surprises you can expect to experience in your new palace. You can expect all sorts of problems: a leaking tap, peeling paint, crumbling walls, pestering neighbours; in short, anything that maintains the parameters of your current negativity.

First of all, accept the current situation and let go of feelings of dissatisfaction and resentment. If you try you can find little causes for joy in any situation. Even if you do not like your house, be grateful to it for having taken you in and looked after you.

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Secondly, start thinking about the house you would like to have. This is a little harder to do than simply being irritated by the things that surround you right now but the goal is worth it. What is better, to react to every external irritation like an oyster in a shell or to make a little effort and change your habits? Look through estate agency advertisements with photographs of houses, go window shopping in search of furniture and decorations and live the thoughts of what you want to have. We always end up getting the things and situations which our thoughts are most strongly attached to. Our thoughts always come back to us like a boomerang.

One very clear conclusion can be drawn from all that has been said above. You are always on a life line that represents the quality of your energetic vibration. If you take in negative energy you will experience disappointments in your life and if you give out negative energy it will return to you like a boomerang in the form of disappointment.