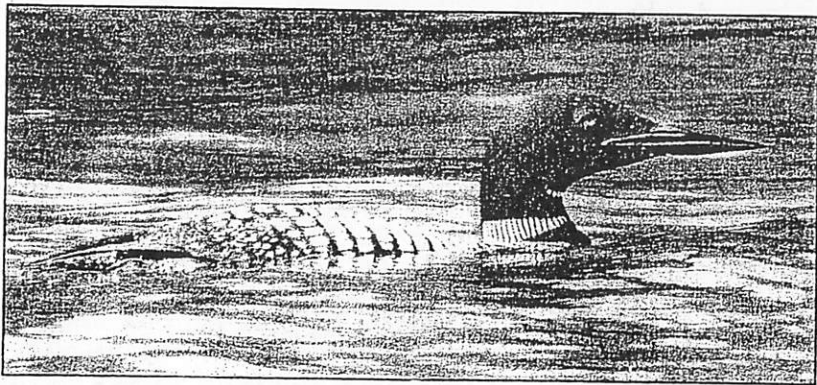


- Your mind willingly follows your intentions.
- Has someone irritated or angered you today? Let it go by affirming - "I am willing to release that part of me that irritates me when I think of you."
- If it is necessary, it is possible.
- Just as this zine was written - healing is done from the inside out. Initially my mind had to twist in its way of thinking to even try and understand what was being said, I suppose just as negativity is twisted in its own way - so is positivity. Add other positive sayings / thoughts that touch you in growing positive. After a few months of adjusting my thoughts, a strange feeling of good filled my core. May you find it good too.

Summer floater



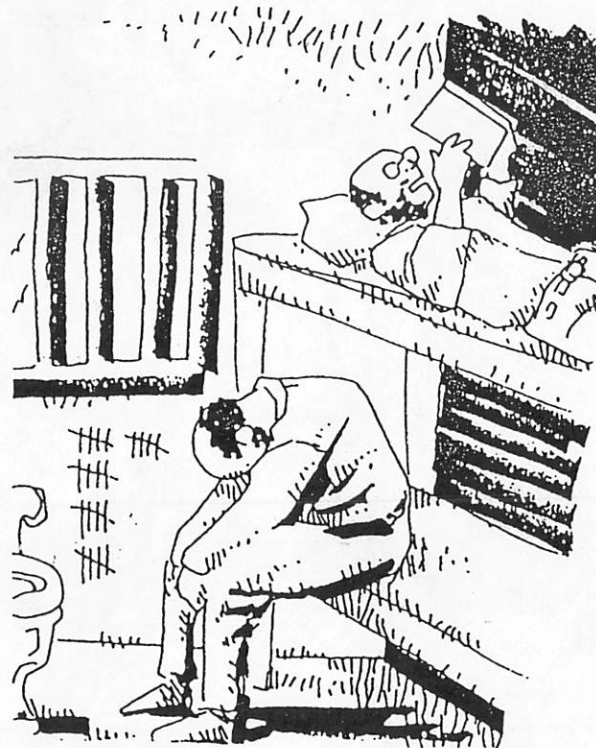
Ray Christianson photo

This loon was recently photographed on White Sand Lake.

SOUTH CHICAGO
 ABC ZINE DISTRO
 PO BOX 721
 HOMEWOOD, IL 60430

Positivity

Good



By many

- Forgive and nurture yourself - as you would do for other that you love. By doing this you open up compassion.
- Everything that you do is a ceremony of honor and respect - towards yourself and all. You must practice this in seeking the change you desire, just like learning to ride a bicycle, keep practicing until it becomes natural / automatic. Only you can do this. Only you can make that choice.
- With practice and discipline, you can learn how to live up to your full capacity.
- If you can't believe in yourself - who can. Be your best friend.



- All self imposed rules or judgements are limiting illusions.
- Everything that you seek can be found inside of yourself.
- You ARE the moment you decide to BE.
- Meet the future without fear - by taking daily steps to ensure a bright tomorrow.
- We are living energy in a body of water and minerals, receiving and transmitting thought form.
- See the beauty of all things.
- Other people make it difficult for themselves, so they can make it difficult for everybody else, when you journey with your heart, choices are easy - Everything is clear and simple.
- The most important time is now. This is the moment where you create.
- Maintain thoughts that are honorable and respectful.
- Remember who you are when you are having shadow thoughts - pure light, pure love, pure energy. You can never be anything else.
- With strength, you'll never become what comes your way.
- Love creates unity - hate creates separation.
- When you forgive the world and yourself, you become much lighter. Release what does not serve the good in you.
- The shadow side of you fears a peaceful mind - so it will bombard you with trivial thoughts, hate, rage, hopelessness, resign, ... To counteract these distracting thoughts/emotions - acknowledge them without giving into their drama and gently let them go. That way you do not feed the shadow the energy that it urns for. Feed the good and good will follow.
- Your experiences are created by your decisions and your intentions.
- Your willingness to release the negative mindset - allows negativity to be rapidly released. Be willing to feel it go - and it is done. Decision. Intention. Believe in yourself. Only you can make this decision.
- In doing Affirmations, remember that "I" is very powerful in creating the change's you seek "I am -"

- People will love you, people will hate you, most won't care one way or another, Follow your heart.
- Remember that there is a universal law of action (Your thoughts) and reaction (The response from your subconscious.) As you contemplate right action, you will automatically experience a reaction / response from within yourself, which represents the answer or guidance from your subconscious mind.
- *Troubled?* Still the wheels of your mind - and remember the wisdom and intelligence lodged in your subconscious mind, which is always ready to respond to you.
- LOVE = honesty, sincerity, kindness, integrity.
- Looking for answers to a problem? Speak to your subconscious at night - claiming boldly that its wisdom, intelligence, and power are guiding, directing and revealing to you the ideal solution that you seek.
- Upon waking - Claim that the infinite intelligence is guiding you in all of your ways. Send out loving thoughts to your family, friends and to the whole world.
- To forgive is to give something for - Give love, peace, joy, wisdom and all the blessings in life to the other. Do this until there is no sting left in your mind upon their remembrance. This is the acid test of forgiveness.
- Forgive yourself for carrying what does not belong to you.
- If the news or somebody disturbs you - it is your bad, because you allowed your negative emotions to rob you of your peace and harmony. Don't feed the shadow.
- Resentment, hatred, illwill, hostility - are behind a host of maladies. Forgive yourself and everybody else. Pour out love, joy and goodwill to all of those who have hurt you. Continue to do this until you can meet them peacefully in your mind.
- The constructive thought destroys the negative thought.
- The only obstacle to your success and achievement, is your own thought process - and the mental images that you hold.
- When your attention wanders - Discipline your mind by returning your thoughts back to the contemplation of your good and your goals.
- Learn to listen to your body and others with respect.
- When fear or bad thoughts are knocking on the door to your mind - let your faith in God and all that is good - Answer it.
- Remember that the people you don't like are stumbling on their path through life. Don't harm yourself by projecting negative thoughts their way. Send them good love, peace, joy and all of the blessings in life.
- Divine law shows us that cause and effect does rule the universe of polarity. (The manifestation of two opposing attributes.) When we feed negativity (The shadow) by being critical, the shadow side of our nature is fed. When we practice right action, and work to develop our skills and our talents - our spiritual Essences expand.
- Remember that your focus determines your reality.
- When we forget to use our free will - And forecast what a future outcome will be - we can trap ourselves into projections and expectations. Creating a loss of potential opportunities for us. Free will is the ability and discretion to choose - make your choices that are unconstrained / uninfluenced by external circumstances.
- Fear is the path to the dark side. Fear leads to anger - anger leads to hate, and hate leads to suffering.
- You do not need to focus on what is weak and wrong with you - Rather you should focus on what is strong and right with yourself.
- Love yourself by looking at yourself with a cold eye. Accepting what you find - the truth of your strengths and weaknesses can destroy the illusions that limit your potential.
- You must do or not do, there is no trying.
- You must unlearn what you have learned, that stops your growth.
- If you do not believe - you will fail.
- Control your fears by contracting them with the opposite.
- When you are afraid - you lose your strength.

- Fear is destructive, Love is constructive.
- Failure is your greatest teacher.
- See the need that is right in front of your nose.
- Showing compassion for those who feel that they must lie - is a sign of spiritual maturity. A person who lies is wounded.
- Joy just doesn't happen - you have to create your own happiness.
- Anger is really directed at the self, Through loving yourself and forgiveness - healing the heart's hurts can take place.
- Healing begins by forgiving yourself for the could have beens and should have beens find on your path through life.
- Don't let resentment stop the feelings of joy that you can experience.
- Bitterness, hatred, fear are hurtful emotions that are adopted when the heart is broken - in order to mask the pain. To heal you must use a loving heart as you reflect upon the pain. In making this journey you must drop all negative judgements and/or blame that you have about yourself, or any other person, place, event, idea or location you have ever experienced. You must feel every emotion - without letting yourself being drawn back into the drama, blame, shame, regret, wrong doing, hate, senseless pain that was caused to others and to the self. With effort you will find a change in your sense of well being.
- Practice finding something (s) you can love about yourself, others and the world around you. Whenever you have a breakthrough in any part of your healing past hurts - give Thanks for your progress. As each breakthrough that you encounter releases you from the chains of heartbreak that have bound you to the shadow.
- Gray memories of the past must be confronted. Don't let the fear of your shadow/negativity stop you. Confront these memories by thinking of different ways you could have solved the past situations - so you don't return to any reckless behavior you once had. Feed the negative and old patterns you hurt yourself with will be reexperienced.

- Every action of your physical life is as sacred as your spiritual growth, because they are the same.
- If we are good to our bodies, are bodies are healthy and good to us.
- If we nurture and respect ourselves, we will command the same from others.
- If we think positive thoughts - good things will happen to support our attitudes.
- Let the joys of life cast away negativity and fear.
- Three things needed in any relationship are - respect, trust and intimacy.
- Don't let the shadow of resentment darken your path.
- Remaining focused on that which you feel you have lost, deprives you of noticing the gifts of renewal and abundance that are being offered.
- Learn of the scarcity you bring when you refuse to love.
- Giving Thanks for every healing step, permits the healing to continue. Put aside your shadows need to be critical - and nurture your ability that leads you to the positive side.
- Be gentle with yourself. Your feelings will always be a part of you. Don't be afraid to touch them from time to time. It is a delicate matter to find a balance between strength and gentleness. By being gentle with yourself, it can be achieved - force creates resistance. Give Thanks for the opportunity to grow.
- When we heal ourselves - others are healed.
- Each new sun announces a new beginning when life abundant is available, and is asking us to participate by using our abilities we possess.
- Enemies that are found within the shadow self are - competition, seperateness, hierarchy, jealousy, envy, manipulation, control, selfishness, greed, old wounds dependancy and self righteousness. These must undergo transmutation on our path to becoming whole.
- Don't ever waste energy on worry, hurry, pain, grief or conflict.
- There are no rules on how to grow or change.

- When you are emotionally mature, you do not respond negatively to the criticism or resentment of others. Doing so would mean that you descended to the lower mental vibration of the other - becoming one with them. Identify yourself with your aim in life - and don't permit any person place or thing to deflect you from your inner sense of peace, tranquility and radiant health.
- All you owe anyone in the world is love. And love is wishing for all that which you wish for yourself - health-happiness and all of the blessings in life.
- The image in your mind has to agree with your heart's desires to come out right.
- Think, feel and Act towards others as you would have them act towards you. Negativity thinking sinks down into your subconscious and causes all kinds of grief for yourself.
- If people, circumstances or emotions disturb you - it is your fault because you allowed your negative thoughts or emotions to rob you of your inner peace and harmony.
- You have control over your thoughts and reactions to what is said and done. It is not what people say or do that affects you - it is your thoughts you choose to act upon concerning their actions. Do not allow others to annoy, disturb or irritate you.
- Thought - Emotion - Reaction - Action (TERA) is the process of what takes place in your mind to any given circumstance of another. Don't let your emotions choose negativity by criticizing or resenting the other(s). Don't become one with the other by lowering your mental vibration to their negative thought process. Keep your mind focused positively on your goals. Don't allow any person place or thing to deflect you from your inner sense of peace, tranquility and radiant health.
- Become emotionally mature by allowing others to differ from you.
- When you are confronted by a negative person - thank them for reminding you of how grateful you are that you are not - or are no longer that way.
- Thoughts are things - as you think, so you are.
- You were born with two fears - falling and loud noises, get rid of all the others.

- A psycho berates you. To understand this fact is to be emotionally mature, and compassionate. Pray for the other person's peace, harmony, and understanding. You can not be hurt when you know that you are the master of your own thoughts, emotions and reactions. Emotions follow thoughts - you have the power to reject all thoughts that may disturb or upset you. Find your strength in being positive.
- By generating the qualities of peace, harmony, humility, patience, kindness, veracity (honesty) goodwill and brotherly love - Attributes that never grow old. Your nurturing of these qualities will allow you to always remain young in spirit.
- To forgive does not mean that you need to like or want to associate with the person. You can not be forced to like someone, but we must love one another. Love means that you wish peace and health for the other - sending them all the blessings in life - happiness, joy, etc. You must be sincere. Forgiving is really being selfish as what you wish for the other person, you are actually wishing for yourself.
- Sitting relaxed, be calm and peaceful - the end result. See your success being congratulated.
- Still yourself - relax and visualize yourself floating in a deep still ocean of peace that is located at the center of your being. Know that negative thoughts or fears can trouble you unless you manifest them by emotionalizing the thought - and accepting it mentally. Don't let negative emotions; suggestions destroy your peace - no matter what you are doing.
- Fall in love with honesty, integrity, justice, goodwill, and success. Live with the joyous expectancy of the best, and invariably the best will come to you.
- Don't allow negative thoughts to enter your mind regarding the future.
- The longing that you seek is not behind you - it's ahead.
- Whatever you are afraid of - give energy to the opposite. From failure to success - conflict to harmony - dread to enjoyment, etc.

- Nothing can disturb you but your own thoughts. The suggestions, threats or statements of another - have no power. You have the power to stop negativity when your thoughts are focused on that which is good. Doing so allows God's power to be with you and your thoughts of good. There is only one creative power and it moves as harmony - that is free from all divisions and quarrels. Its source is love. That is why God's power is with you and your thoughts of good.
- To overcome obstacles to your goals or a fear - sit still for 5 to 10 minutes, 3 to 4 times a day - and visualize yourself doing whatever it is you're trying to overcome. It is a real, vivid and joyous activity of the mind. Doing this is not a waste of time. Know that what you visualize and experience in your imagination will be developed in your subconscious mind. Accordingly throw the power of your subconscious, you will be compelled, stimulated to enact what you have impressed on your deeper mind.
- Counteract fears with the opposite.
- Reflect on, and busy the mind with the concepts of peace, harmony, health, goodwill, prosperity, right action and happiness.
- Are you having *invasive thoughts*? Be still and quiet the mind and state "I am in control; You must obey me. You are subject to my command. You can not intrude where you don't belong."
- Never finish a negative statement.
- Lull yourself to sleep each night with the thought of *perfect health*.
- Never say "I can't." Say "I can do all things through the power of my subconscious mind."
- Whenever someone who has hurt you - or you have forgiven - enters your mind troubling you, say "Peace be to you. Do this as often as the thought enters your mind until it ceases into nothingness."
- Live each day like it is your last one.

- **FORGIVING** - Quiet the mind, relax and let go - give thanks to the creator for loving you - then affirm - "I am fully and freely forgiving _____, I release them mentally and spiritually, I completely forgive everything that is concerned with them. I am now free, and they are free, It is a marvelous feeling. As I am now being released from the harm that was created between us. I release anybody and everybody who has ever hurt me - And I wish for each and everyone of them health, happiness and all of the blessings in life. I do this freely, joyously and lovingly. Whenever I think of someone who has hurt me I affirm "I have released you, and all the blessings in life are yours, I am free and you are free. It is so wonderful to live without the shadow of hate/deslike hanging over me."
- What you wish on another comes back to you. You don't have to like them, but send them good to break the negative cycle.
- Be - joyous, cooperating, friendly, lovable.
- Believe in Divine guidance, good fortune, right action and all of the blessings in life.
- Stressed - Worried - Anxious - Fearful? Let go - relax, and ask the subconscious to take over with peace, harmony and Divine order.
- Claim that the healing presence of your subconscious is flowing through you as peace, harmony, joy, perfect health and abundance.
- Having a problem finding a solution, say "I believe that the subconscious power - that gave me this idea or desire - is flowing through me now, Fulfilling it to the end."
- Feel - perfect health, peace, harmony, wholeness.
- Lull yourself to sleep with "Wealth and abundance."
- Do you desire something? Easy does it. Don't concern yourself with the end result. Be grateful for its coming, to be, rejoice and give thanks - leaving space for its fruition.
- True thinking is free from worry and fear.