

POWER

Your Life with

PEP

Discover the Secret of

Thinking and Living

Positively

All the Time!

by

RVM



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Preface

For the last 25 years, I have been reading about Positive Thinking and Positive Attitude and have passionately lived each day of my life positively. I have experienced the power of Positive Thinking and have understood how thought can control actions, reactions and feelings. Although I have acutely felt the power of positivity, I initially did not understand the nature of this power – where it came from and how exactly it worked, and I kept wondering how it could be understood.

We all know that it is great to be positive, but we cannot control our thoughts at all times. Thus, a meaningful question arises – can we think positively all the time?

I remember the times when I wanted to be positive but couldn't be due to some reason; my mind would just wander toward thinking negatively. However, reading books on positive thinking, using the power of positive self-suggestions and various other triggers finally built positive

energy in me. But despite these efforts, I felt that something was missing in my understanding of positive behavior and the negative forces that worked against it. I kept asking myself:

- Where does this positive energy come from?
- Are people born positive? Is it in their genes?
- Why are some people so full of positive energy while others emit fumes of negativity all the time?
- What controls the mind?
- What controls our actions and reactions?

These questions have been active in my subconscious for the last two decades and my curiosity has led me to read up more on the nature and power of thought.

Finally, I discovered a secret that provided answers to all the above questions, and I call it PEP – “Positive Energy Power.” The acronym itself denotes energy, but one has to read this book to appreciate its use and understand how to remain positive all the time. Once you understand it, you will be able to influence your

thoughts, take charge of your actions, control your reactions, be a master of your feelings and live a life of your choice. You will be able to flip over from negativity to positivity.

When you choose positive energy in your life, all the negativity will disappear because it will be replaced by the power of positivity. Just as a coin can be flipped over from heads to tails, your thoughts, feelings and actions too can be easily flipped over with a few simple decisions and choices. You will be able to distinguish between thoughts, attitudes, feelings and actions, and this will help you take charge of your life.

The power of positivity, although a simple concept, has not been clearly defined and explained previously. It has often been presented mysteriously. Writers, philosophers and thinkers have always urged us to “Think positively,” but have failed to explain how to think positively always. Authors have emphasized the power of thought, but have not explained the way in which thought can be controlled. Aspirants of positive thinking, like me, have often tried in vain to be directly in command of thoughts, but to no avail.

This book, *Power Your Life with PEP* is written to bust several myths about Positive Thinking. It will help you discover the power of positivity that will eventually transform your life. It will serve as a guide for you to take care of your thought and life.

I believe that life comes to us only once and that if we fill it with negativity, we will lose this valuable gift of life in misery. One can choose positivity and live positively every moment and every day or one can choose negativity! It is not something magical, but a practical choice that one needs to make.

Once you understand the concept of PEP, you will realize how simple life can be. PEP will fill your life with excitement and enthusiasm like never before! And that's guaranteed. So let's begin the journey then... and flip over from negativity to positivity!

About the Author

RVM is a “Positive life” philosopher, an author, a speaker, and a motivator.

He was one of the earliest successful Indian retailers who transformed the way retailing was done in India through his megastores—Kidskemp, Big Kidskemp and Kemp Fort.

After achieving success after success, he realized that there was more to life than just accumulating millions. He transformed his life from that of a successful businessman to that of a philosopher.

He started a Trust, which has built the 125-bed capacity RVM Home for the destitute and needy. He has also built the RVM Hospital, which is growing from a 150-bed charitable hospital to a 1000-bed one, offering free medical services to the poorest of the poor and reducing their pain and suffering.

His spiritual efforts to spread the power of faith led him to build a 65-feet-tall statue of Lord Shiva at the RVM Shiv Temple on Old Airport Road in Bangalore, which is a revered spiritual destination.

RVM has devoted his life to spread the RVM Philosophy, which stands for Rejoice, Value life and Make a difference. To share this exciting way of living, he has authored several books, some of which are: *I Wanna Be Happy*, *The A to Z of Life Philosophy and Succsex*.

Through his talks to various audiences, RVM shares with them the philosophy he practices in his life. He hopes others too will learn from his life philosophy and live a meaningful life with purpose, rejoicing and making a difference in the world before their journey of life is over.

Website: www.rvm.co.in

Email: rvm@rvm.co.in

Chapter 1



Thoughts:

Understanding Thought and the Mind

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What are

The word “thought” originates from Old English. It means “to conceive of in the mind or to consider,” and it refers to an intellectual or mental activity. Thoughts are impulses that are broadcast from the mind.

A thought is like an electrical vibration that is produced in our mind and leads us to feel and then act. A thought “happens” by itself and is something beyond our control. It is produced by the mind that acts as a machine, which I would like to refer to as the “Thought Factory.”

Everybody has a Thought Factory. This factory manufactures thoughts, both positive and negative: thoughts of love, hope, courage and compassion as well as thoughts of hate, fear, worry and jealousy. Is it possible to enter this Thought Factory and program it to produce positive thoughts? Do we have a direct command over our mind? Unfortunately, we don't! Science is yet to invent a machine or a medication that can consistently create positive thoughts. Yet, some people always think positively, while others are

Thoughts

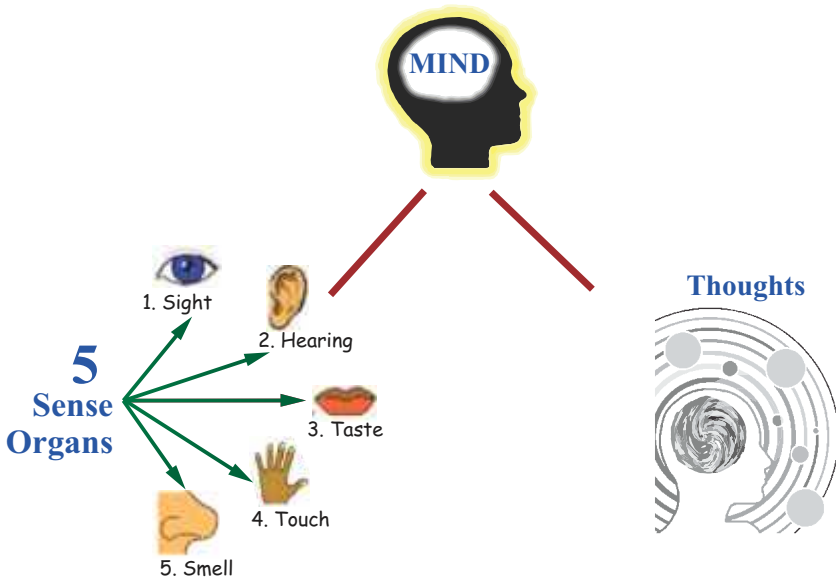
filled with negative thoughts. What makes these positive thinkers always think ever-positive thoughts?

Undoubtedly, it has to do with the Thought Factory that produces thought. By taking charge of the Thought Factory, we can take charge of the thoughts it produces. But how does one do that and think positively all the time? Over the years, philosophers and authors have optimistically recommended the “Think positive” mantra. However, when one is surrounded by negative circumstances, how can one think positively? The thought process becomes involuntary, and like impulsive reactions, the mind begins to emit negative thoughts. Thus, it is very important to understand the nature and origin of thought.

Where do thoughts come from?

While it may seem that thoughts originate from nowhere, they are actually born in the mind. Before we understand how we can control our thought, let us first understand the link between the mind and the body. The mind perceives or senses the objects of perception through the sense organs. When the body sees, smells, tastes, hears and touches, the sense organs trigger thought in the mind.

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For instance, I see an apple and feel hungry. I smell something burning and panic. I hear my favorite song and feel like dancing. I feel the cold breeze and feel like I am in the mountains. I touch currency notes and feel rich! Thus, whenever our sense organs are exposed to something, thought is created. This thought leads us to feel and then act.

We are essentially emotional beings because we are able to feel, and we do so consistently and naturally at all the phases of our life.

Thoughts

However, does this mean that we give in to the demands of our sense organs completely? For instance, I see apples and feel hungry. But do I eat all the apples? Let's consider another example, I see a beautiful car that does not belong to me and develop a desire to drive it. Do I break open the door and zoom away? No, I don't. The question that now arises is what controls or influences the sense organs? Our intellect does. My intellect counsels me that the car is somebody else's and my desire to zoom away with it is unethical. In such situations, the intellect creates further thoughts and feelings. Hence, there is an aspect within us that regulates, controls and influences the sense organs: our intellect.

The mind is known to think, but the deeper question is how does it choose its thoughts? How does it decide whether it should give in to the demands of the senses, allow the intellect to govern or allow something else to take over?

To seek an answer to these questions, let us attempt to understand the mind. Our mind is structured in layers. These layers can be differentiated into three: the conscious, the subconscious and the superconscious.

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The MIND – Conscious, Subconscious, superconscious



Most of us are fully aware of the power of the conscious mind alone. However, it is only the tip of the iceberg. A few people realize and actualize the power of the subconscious mind, but the power of the superconscious mind continues to remain a mystery. The conscious mind is the active mind that is alive and thinks from moment to moment. When we sleep, the conscious mind goes to rest and we are said to be in an unconscious state.

The subconscious is awake even when we sleep. It is a storehouse of all the information processed by the mind during the day. Pictures, sounds, feelings and circumstances, amongst other things, get automatically stored in the memory of the subconscious mind. We may not consciously register certain things, but the subconscious mind grasps and registers all these things in detail, which are otherwise invisible to the conscious mind. Thus, it is very powerful.

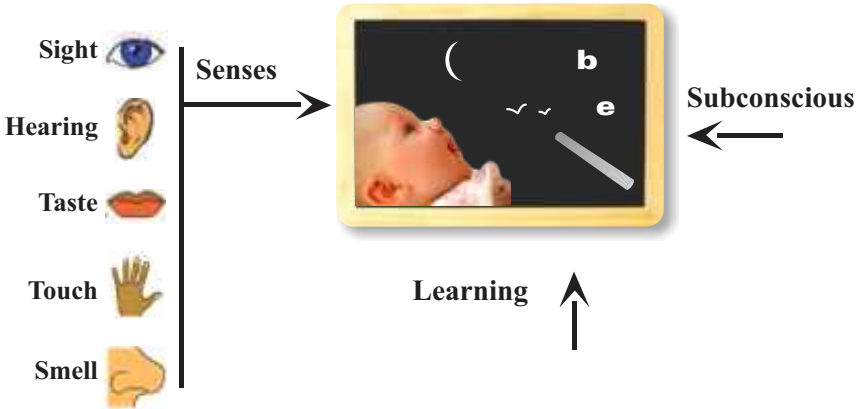
Thoughts

The superconscious mind is that domain of the mind which is responsible for intuition, sixth sense, creativity, hunches, imagination and telepathy. It functions as a powerful receiver and transmitter of thoughts from and into the Universe. While the study of the power of the superconscious is still in its infancy, the superconscious mind is said to have tremendous powers, yet unknown to man, but capable of strengthening both the conscious and subconscious mind, ultimately making man a genius.

We now know that the mind is a combination of the conscious, subconscious and superconscious. We also know that thoughts are constantly produced in the mind, the Thought Factory. Before we can take charge of our mind and the thought it produces, we must understand how the mind is formed.

Let us imagine the mind of a newborn child. Is the newborn already full of thoughts and habits? Does it have a character or is its mind like an empty board spotless without thoughts? A newborn lacks thoughts, habits or character; therefore, it is obvious that the newborn's mind is empty. Then, how does a newborn's mind develop thoughts, feelings and habits?

MIND UNDER FORMATION



Each newborn is naturally born with the five sense organs, that is, sight, smell, hearing, taste and touch. These sense organs trigger the mind when they come in contact with any stimulus. The conscious mind of a young child will react while the subconscious mind will register and memorize all that it hears, sees and feels. A child that grows up in an environment of anger and violence, where the parents are screaming and fighting most of the time, develops a mind filled with negative emotions like anger, hatred and tension. Whereas, a child that grows up in a nurturing environment of love and understanding develops an uncomplicated mind that eventually

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