

Let the Sunshine IN

Change Your Thoughts
Brighten Your Day



By Erika Mohssen-Beyk

We are what we think...

Often we are not aware of our negative thoughts. We can learn to change our thoughts.

This means we can learn and get aware, whenever we feel not good, to look what are we thinking about, is this really how it is, is there no other way?

We can change our mind and change our feelings about what is going on in our life.

Is all what I experience right now negative?

If we are aware and look at a negative situation differently, we will see, in reality it is our perception which makes it so, there is always another way.

We can get another perspective and find a way out of what we think is negative and change it with more positive thoughts.

Here are thoughts and affirmations which can help to have a more positive outlook of our day.

I hope this little book helps to brighten your day

You can use one affirmation a day



As soon as there is a little light in the sky early in the morning, we can understand that the sun is in the sky. Similarly, since there is some consciousness in all bodies, whether man or animal, we can understand the presence of the soul.

Bhagavad-gita 2.20
Srila Prabhupada

Everything isn't always the way it looks.
Sometimes you need to look deeper within.



I think what I see

My thoughts create my reality.

My outside world is a mirror of my inner world.

All the time I see people and events the way I see them
in my inside.

When I think of love, peace and support
I see and experience, love, peace and support.

If I think of blame, attack and injury, so I see and experience
fear, war and pain.

Today I want to see my environment only with
the eyes of love.

I imagine that all people want to be loved.

I look at the other and say quietly to him:

I like you, I love you, just the way you are.

Whatever you expect from others, do to them.

I welcome the day



I love the sun, because it warms me.

I love the rain, because it cleans my spirit.

I love the darkness, because it shows me the stars.

I love the light, because it shows me the way.

I love to be happy, because it opens my heart.

I love sadness, because it opens my soul.

I love rewards, because I feel the warmth of others.

I love the obstacles, because I grow through them.

"Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them."

Matthew 6:27



I am lovable



If I am how I really are, I am beautiful.

I am honest, I am clear, I am alive and open.

I am lovable the way I am.

Again and again I try to change others. I criticize what they say, what they do and how they look like.

I compare myself with others and rate myself and others.

I constantly intensify the feeling, that I am not enough for me and others.

I continuously strive to be, like in my opinion, others want me to be.

I don't dare to be really me.

By god's forgiveness I am what I am

Your own Self-Realization is the greatest service you can render the world.



I can, I am able

In many situations in my life I say: "I can't, because...."

The "good" reasons for this come always from the past and they make me a prisoner.

I became the slave of my own reasons.

In reality I should say: "I don't want".

"I don't want ", makes me a master of my life; "I can't" a victim of circumstances.

If I say: "I can ", all my energy and the energy of the Universe will support me and I will reach my goal.

I have the free choice and I decide for: "I can"

Everything is possible to him who trusts.

Truth is fluid, continuous, ever changing ...



I am confident

The more I like myself the more others like me.

It is more important to me, to like myself, than to wait for recognition of others.

I feel comfortable and secure with others.

I'm ready to see something good in every human.

I can say 'no' without losing the love of others.

I say 'yes' to myself and my life.

I feel safe and free to express my wishes.

I love myself and others.

With realization of one's own potential and self-confidence in one's ability, one can build a better world.

Dalai Lama

Everything is given to me



In many ways I try to get love, attention and affection.

Often I use illness to draw attention to my needs.

Or I stay away from others and isolate myself and
I always want to be someone special.

I do not need to get sick to get love and affection.

The one who wants to keep his life, will lose it, but
whoever lets it go, will find it.



I am wealthy

Sometimes I think of lack and not enough.

I see others and think they have more.

I forget that being rich has not only to do with material and finances but with my being as well.

I have family and friends, I have a place to live and I am good and loving.

I see money as the expression of love and support for me and others

I can express my love and my creativity In my work..

The world is full of abundance,

I am inside and outside rich.

“Seek not greater wealth, but simpler pleasure; not higher fortune, but deeper felicity.”

— Mahatma Gandhi

Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. Money will come if we seek first the Kingdom of God - the rest will be given.

Mother Teresa



I am a Miracle

Every thought, the people have ever imagined,
Stay's and exists in the ocean of infinite intelligence.

I have grown in a millennia - long evolution.

All people have ever thought and done, is also in me. My
mind and body are therefore more perfect than all the wise
who lived before me.

My Body - as it has grown and how it functions - a miracle.

As my thoughts manifest themselves is a miracle.

It is a miracle that I am alive.

Affirmations are expressions of this wonder.

They help me to see what I am - a in reality wonderful, radiant,
divine being.

I thank you, you have made me so wonderful.

Your eyes saw how I was born.

My days were shaped, as none of them was there.

How wonderful are your thoughts.

If I would count them, they would be more than sand.

If I came to the end, still I would be with you.



I am unique

Around the world there is no one who
is just like me.

Everything what comes out of me, is
authentic me.

My body, my emotions, my voice, my words
belong to me and everything I see and do
belongs to me also.

My fantasies, my dreams my hopes and my
fears belong to me.

My success, my defeats, my faults belong
to me as well.

I belong to me.

I am rich and versatile. I
am I and I am alright.



By god, I am who I am

I am healthy



I care for my bod with loving devotion

I am healthy and raring to go

My body matches my personal attitude to life

My body is my familiar friend

I breathe deeply, coherently and relaxed.

Each meal I eat is for the
liveliness, beauty and satisfaction
of my well-proportioned body.

I am healthy and full of vitality

“Let food be thy medicine and medicine be thy food.”

— Hippocrates



I like you

I know every human being has many good sites. So I will look at every person I meet today and say quietly : "I like you "

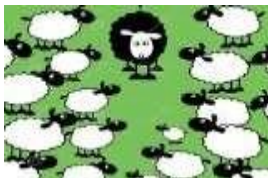
Although these words are pronounced silently, it will be seen in my eyes, resonate in my voice, expressed in my acting and visible in my whole essence.

I remember, giving is in reality getting.
So I can see my good sites in the other.

What do you think?

If a human has a hundred sheep and one of them goes astray, should he not leave the 99 on the mountain and search for the lost ,until he finds it ? And if he finds it, truly I say to you, he rejoices over it more than over the 99.

Jesus by Matthew 18





I am the only one who can make me happy

If I am in anger and act out of anger, I create a destructive chain of reactions, that come back to me at the end.

When I am happy and love and act out of this feeling, I create a chain of good will, support and security in my environment.

I remember an old secret:

If I am in anger, I wait at least 24 hours, before I act. If I love and want to do something good, I loose no time and act immediately.

How often should I forgive my brother?

Up to seven times?

I tell you:

Not seven times, but seventy times seven times.

Jesus

“We judge others according to our image of perfection as well, and naturally they fall short of our expectations.” -Miguel Ruiz



I feel save

Nobody can hurt me if I do not want it. My thought, about what others do and say, are the only once who can hurt me .

I am just vulnerable if I attack and condemn others.

I want to experience comfort and safety today.

I know that thoughts are creative and I am the thinker.

I have the choice and I think loving thoughts for myself and others

Love your enemies, because god makes his sun rise on the evil and on the good and sends rain on the righteous and the unfair.

Be merciful as your father in heaven is merciful.

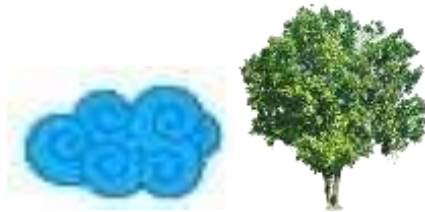
Jesus

Through a little practice and effort, you can refuse to think along negative lines. And you will be calm, composed, at peace with yourself & with all around you.

Shivaya



The Past is over



Again and again I bring the past in the present.
So I make myself a prisoner of the past.

I am unable to see the now, as it really is and I have
fear of the future, because I carry my bad
experiences constantly with me.

I am now ready to let go of the pain of the past.

I am willing to experience every day new.

I perceive the people next to me just as they are right now.

I surrender, leave myself to the present moment.

Somebody who lives totally in the divine,
has become a new being, everything he was
before is gone and forgotten.

He has become a new and different being

Paulus

Giving is in reality receiving



Rather than criticizing, I find something good in people and recognize them in front of the whole world.

I always find reasons to praise someone.

If I recognize and praise someone, he is becoming my friend.

It is much nicer to recognize someone as to criticize.

From now on, I remember the secret that everything I give others, in reality I am going to receive for myself.

Give, and it shall be given you a good filled and overflowing, abundant measure will be poured in your lap. For with the mass you measure, you will get the measured mass back again. **Jesus**





I like myself

Never will I allow my heart to be small and bitter,

I open it for everything and everyone and it will grow
and spread warmth in me and the world.

From now on, I turn my attention more on the good in
me and others.

Therefor I do not have time for hate and revenge, because
I need the time to love.

**In this moment I take the first step to become a
human among humans.**

The soil produces crops by itself; first the blade, then
the head, then the mature grain in the head.

Jesus



I see all people with loving eyes.

I welcome the day with love in my heart.

Love is the key to contentment.

The invisible power of love is the only force capable to open peoples hearts.

I love the ambitious that inspire me I

love the unlucky ones, because they make a lot of experiences.

I love the gentle, because they are divine.

I love the rich, because they live in abundance.

I love the poor, because they like to share.

I love the young, because they are full of hope.

I love the old, because they share their wisdom with me.

I love the beautiful with their sad eyes.

I love the ugly for their peaceful souls.

Living water flows like a river from the body of the one who is in to love .

Jesus



I am lovable, when I ask for help

If someone does ask me for help, usually I do help.

Often I am pleased to fulfill a wish.

And yet I often do not dare to ask others for help.

I am afraid to be seen as annoying, or I am
anxious to do things alone by myself.

I do not longer want to be a child,

I don't like to be dependent.

When I was asked for help, I think of my experiences,

I know:

**When I ask for help, I am going to be more
understandable for the other. With my
request I will give the other, the feeling to
be needed.**

Community arises.

Unless we become not like children,

we will not live real life .

Jesus

Today I start a new life



Through the years I became a slave of my habits.

I let myself rule by appetite, prejudice, greed, fear, environment, passion and

They restrict my liveliness and lock up my future.

“Who is very devoted to his life, loses it and who lets go of it ,wins it .”

Jesus



I am full of life



I now live, my spirit is stronger than my believe
in the death.

My awareness is connected to the universe
and it always knows what is good for me. I am
always at the right place, in the right time for
the right actions.

Fear is no reason to discourage me from my positive activities.

Every moment has an exciting new experience for me.

The more I give the more I get.

I always win.

Somebody should tell us, right at the start of our lives, that we are
dying. Then we might live life to the limit, every minute of every day.
Do it! I say. Whatever you want to do, do it now! There are only so
many tomorrows.

Pope Paul VI

If you don't take the chance to live life, what can you say at the end
of it?

Naveen Andrew

I always meet only myself



Again and again I think that the cause of my emotions and moods come from the actions of others. If someone hurts me, I think that he is to blame for my pain.

When I am happy I also think the reason comes from outside .

I use people, how they look, what they do or say to blame them for my emotions and actions.

In reality nobody, but myself can create my emotions,

I remember this today and thank quietly everyone I meet, because it helps me and makes me aware of my rich emotional feelings.

I have not helped you, with your trust, you've saved yourself – Jesus

There is no such thing as a problem without a Divine gift hidden within it.

You have these problems because you need the gifts they carry within. Shivaya

I am responsible for my life



Most of us believe that external circumstances trigger, upset, fear, anger, disharmony and....

We think the outside world is the cause for all what happen to us .

I am now ready to be responsible.

I am now ready to see, it is my thoughts which determine my perception, this means my environment reflects my inner state .

I no longer blame the world and other people for my mood, hurt and pain.

I am responsible for my perception.

I choose loving thoughts, so I can perceive a peaceful environment

Nothing that enters one from outside can defile that person; but the things that come out from within are what defile."

Jesus

My openness makes me beautiful



Because of fear of rejection, I show others only my supposedly lovable face.

I remain silent and hide my real feelings and thoughts.

I do not show my anger, my rage, my rejection.
In reality I make it hard for others to love me.

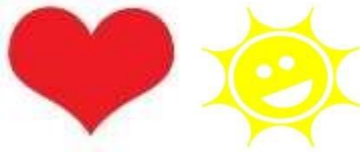
When I open myself up and put the shell around me aside, I show who I really are.

I am human, I am understandable, I am beautiful.

Better open anger, than secretive love.

The strokes of a friend are more beneficial and pleasant, than the kisses of an enemy.

Folk Wisdom



Love knows no resentment

Love means to forgive

Love means to give up the hate

Love means to accept

Love means to be good to myself and others

Love means to be real

Love means losing the fear

Love means to laugh

Love means saying yes to me and others

Love means to love myself

Love means to be free

Love means to be safe and secure

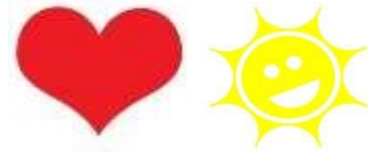
Love means joy, light, liveliness

Love means to be love

I release you and me from the burden of the past.

I love myself and others

“You have heard that it was said, ‘Eye for eye, and tooth for tooth. ’But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also.”-Jesus



Forgiveness is the key to happiness

Often I try to blame others for my pain and pay it back to them.

I spent a lot of energy for revenge thoughts. This increases my fear of condemnation by others.

I am afraid and see danger behind each and every thing.

I want to love and experience freedom.

Now I release all resentment which holds me and you in prison.

By forgiving you and me, I can experience peace and harmony now.

Where there is love, there is no fear, true love expels the fear.

If you want to see the brave, look for those who can return love for hatred.

If you want to see the heroic, look for those who can forgive.

Bhagavad Gita



Giving and receiving are one



The thought to give somebody a gift is first in me.

I feel the joy of the gifted first in me.

The thought of hurting someone, is first in me.

I feel the pain of the injured first in me.

Giving and receiving are one I

only can receive, what I give.

I have the choice.

Do I give, in this moment, what I want to
get back?

I am now ready to give peace and love,

Therefore I can feel peace and love in me.

“Do not judge, or you too will be judged. For
in the same way you judge others, you will
be judged, and with the measure you use, it
will be measured to you.” Jesus



I am peaceful

Often we feel aggression against others.

I know I am loved even if I'm sometimes
not nice and friendly.

I forgive my parents all I thought, they
did wrong to me.

I am going to release all hostility
and I make peace.

I have the right and ability to express
my hostility, without hurting someone or
losing the love of others.

I end all hostilities, I am in harmony and
peace with everybody and everything.

We can never obtain peace in the outer world until we make peace
with ourselves.

Dalai Lama

Nobody can bring you peace but yourself.

Ralph Waldo Emerson

I love to meet new people



I am aware that I am the source of my loving Relationships

I feel safe if my partner is with me or not. I watch my emotions, rather than to tell others how they should feel.

I'm just so lovable for my partner as he for me. I am myself the right person, so I do not need to search for the right person.

The more positive I look at myself and the world, the more positive people I attract.

I love myself and others.

“We judge others according to our image of perfection as well, and naturally they fall short of our expectations.” -Miguel Ruiz

There is no reason for worry at all



It is me, who worries. It is me who has to let go.

I worry for events, were I am not going to be, or
about things I am not responsible for.

By worrying I can't influence anything,
I only will carry a burden about with me.

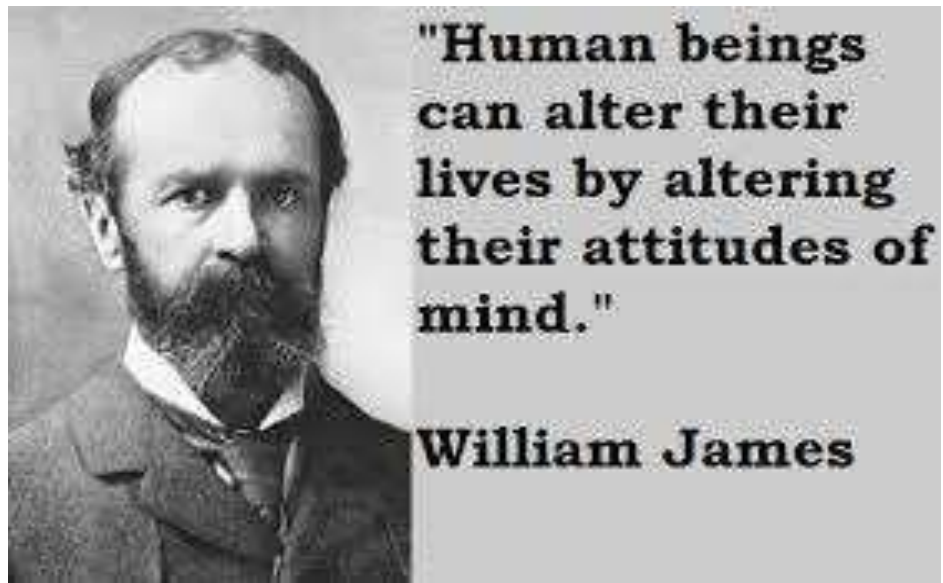
I am not in the now with my thoughts.

I think about the future instead to be
in the now.

I will tell myself if I 'm worried: **I**

let go of my worries

Do not worry about tomorrow,
for tomorrow will worry about itself.
Each day has enough trouble of its own.
Jesus



For the one who has conquered the mind,
the mind is the best of friends; but the
one who has failed to do so, his very
mind will be his greatest enemy.

Bhagavad Gita 6.6
Sri Prabhupada

About me – Erika Mohssen – Beyk



I am living in Canada on an organic farm, we are off grid here.

This means our power comes from wind and solar.

Two years ago in winter I started to write blog posts, which was not easy for me, because my first language is not English.

The support and encouragement of the PAC community and the

Focus group helped me a lot. <http://www.poweraffiliateclub.com/>

I am interested in health, nature and personal development and I like to dream.

This little book came about, because I was putting it together for a friend who was a bit depressed and it helped to make him feel better, I thought it may help others as well.

I love to make people more happy 😊

You can find more about me here:

<http://erikamohssen-beyk.com/> <https://www.facebook.com/E.MBeyk>