

Going Way Beyond Positive Thinking

By Andy Shaw

If you have previously spent virtually any time at all in the **personal growth** area then it is almost certain that you cannot have avoided at least some work on **Positive Thinking**.

Unfortunately despite this being if not the biggest error of teaching in *personal growth*, then it is definitely *one of the biggest*. What I'm going to give you in this report is something which may well **completely remove your need or desire to ever think positively again...**



The idea is that instead of it being hard to *think positively*, **the techniques I share here should make it easy and virtually effortless to live positively**.

Are successful people **Positive Thinkers**?

We are all taught to *think positively*, as clearly successful people are 'positive thinkers'... **Or are they?** Unfortunately those that teach that **you must think positively** are giving you wrong directions.

I want to make this crystal clear, the words '*positive thinking*' can mean different things on different levels and I'll explain that more as we go deeper into this... But mainly it is that **there is simply no need for positive thinking**, and in fact it is actually necessary to not use positive thinking as a strategic mindset weapon because it is going against *the law of least effort*.

If you want a gauge to measure if something is good or not then learn to look to *the law of least effort* as your measure for a success mindset...

'How can I use less effort and achieve the result I want' is how a someone who succeeds thinks but '*without thinking*'. In other words **it is what they do, not what they think about**. They are not trying to *think positive*, they are living a positive and therefore abundant way of life. The net result is **they are thinking positively, but no effort has been applied to think that way...**

Positive thinking requires you to apply effort to thinking positively about the outcome you want. This is because you are seeking to forcedly overcome the lack self confidence. The teachers have taught you that to overcome this lack, *you must think positively*. This seems plausible, as they are experts in it and pretty much everyone is teaching that way too... Meaning that almost without any thought at all you reasoned that **it must be the correct way to go**.

Therefore you reasoned that the way to overcome this lack of self confidence is simply to *think positively*... However, using effort this way will not work as it means you have **an attachment to the outcome** and will almost certainly mean that **you do not get what you actually want** - You just get more of wanting what you want.

To get something you haven't got, you must already have had it in your mind. At which point you can become detached **as you already have it**. This means you are attached, but without any effort. When you achieve that state **you are no longer thinking positively to get it, instead you are just getting on with it**.

If you do not achieve detachment then you are left in the position of *having to think positively* that you will get it. Even though you almost certainly doubt that you will... What this will mean is you almost 100% certainly will fail to get it despite all your efforts to *think positively!*

Then when you fail, you may encounter one of those lovely individuals who will tell you that *you didn't think positively enough to get it...* So now you will have to summon up much more effort each time to do it again. This is because your self confidence, and now your self esteem, have taken another kicking. Though this time the chance of it working is even less...

But still, because you are out of other options you summon up all of the positive thought you can and go for it again. As Albert Einstein said, *the definition of insanity is to do the same thing and expect a different result...* But what else can you do as you only have that plan?

So again you are going against the flow and you almost certainly will fail... This effort into *positive thinking actually helps to create your failure as putting this effort into thinking positively takes apart your self confidence, self esteem, self image, self respect and self worth...* Basically, your effort to *think positively* is **enhancing the certainty of your failure.** *How do you feel about that?*

If you want to succeed then you must not think the way the experts on positive thinking teach you to think...

The world of personal growth and including some very successful people think that they actively *think positively*, they don't!

Successful people do not actively *think positively* and they obviously *do not think negatively*. They just get on with it, they work diligently on bringing into their and our reality that *what they have decided to be a success at.*

They don't *think positively* and they don't think about *raising their self confidence*, they just apply 'without thought' the law of least effort. Then when they analyse how they got there, they draw the wrong conclusions from their thoughts, because they think they must've *thought positively* and that *thinking positively* banished any lack of self confidence, so that's is what they teach you. However, **that is not what they did at all.**



Positive thinking is required by the weak minded who only know **what to think**, and do not know **how to think...**

Now the bad news is, that's you if you bought into the garbage behind *positive thinking*. The good news is, it doesn't mean you have to continue to be trapped with their poor education... It just means *you are right now*, **IF** you think you need *positive thinking* to help you get where you want to go.

Your mind does not need this, **in fact your mind must not have this in it IF you want to get where you desire to go.**

***Positive thinking* is just a buzz phrase that people haven't really looked at...**

Nature is in balance, so both positivity and negativity exist. If you have a *high* you will then automatically at some point have a *low*... If you have a *low* you will automatically at some point have a *high*.

When you know, and far more importantly, *when you can can utilise this* then you can manage (lower) your *highs* and in doing so mitigate your *lows*... Meaning ***you just grow***... Because you don't allow yourself to have *high highs*... Just *highs*, but you are able to flatten out the *lows*.



People who hit rock bottom are merely ‘doing this in reverse.’ They are mitigating their *highs* and adding to their *lows*. So as they progress they get *lower and lower*. Whereas when you learn to go with the flow then your life gets *higher and higher* as you *raise your level of consciousness*.

Basically whatever we focus on we create a need for more of...

If you feel you lack *self confidence* then you will lack more and more *self confidence*. If you feel you need to *think more positively*, then you will be given more *need to do that*. In other words you will create a lot of negative outcomes in your life *by forcedly thinking positively*, that wouldn't be there ***IF*** you didn't focus on that. ... *You may want to read that again... Slowly...*

People describe me as the most positive thinking person they know, yet I tell them that ***I do not think positively***. They tell me *I am so confident*, and *I do not lack self confidence*. Nor may I add that I have no low self esteem, or have a poor self image, or have low self worth or have low self respect for myself. Basically I have just given more thought to any of them in writing that sentence than I have in the last 12 months.

I use the law of least effort and don't think about them at all... *Neither does any person who succeeds in anything.* They may think they do, but they just have *not given it enough thought yet*.

The *abundance of confidence, high self esteem, high self worth, a great self image, high self respect...* All of them, everything there is created ***as a by-product of accurate thinking***. No effort is put into any of it. I just have it all, and ***I have it all without a moments positive thinking...*** *Now does that sound good, and useful?*

All this takes a little more explaining, but it is *positive thinking* I want to cover here. *Thinking positively requires effort* and you are therefore ***forcing a high***. Most of the time you secretly *know you are not really positive*, so you are forcing a *high* and then you *know you deserve the dreadful low* which you get ***when eventually you tire of attempting to keep thinking positively***.

Thinking positively requires effort...

We avoid effort wherever it is of no benefit!... And because there is also only so long you can sustain this effort *before it fails...*

Do you think Richard Branson ***needs to think positively to be more successful?*** Do you think he ***needed to think positively to get where he went?***

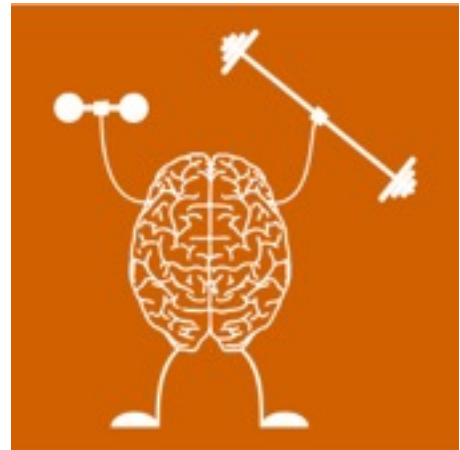
No, he just ***knew*** where he was going and ***knew*** he would do all he needed to get where he had desired he would go. He wouldn't have had time for *positive thinking* because he was too busy doing it and ***automatically being positive***.

So he used ***no effort at all to think positively because he didn't think negatively***, he just did it.

If you want to be successful at anything then all you want to do is train your brain to think like successful people think. Not follow some popular garbage which teaches you to artificially create a high, when nature automatically gives you a low following a high.

This is swimming against the flow of life. You can and will have *negative thoughts* but you ***must not try and banish them away by hiding them with positive thoughts. This is bringing out the inevitable low...***

Thinking positively is like you are trying to hold your breath for long enough until you become successful. Your act of *trying to think positively* is going against the flow... If you think about it, it has always felt wrong to you... But because everyone teaches that way, you probably felt you were doing it wrong... No, you were trying to force things, which feels wrong and this feeling wrong is a message from your subconscious that you are doing it wrong...



The problem with trying to hold your breath until you are successful is that you can't, and when you need to breath again, all of a sudden *the negative thoughts* will wash you away like a tsunami... Before they were just a problem, now you've been washed away by them.

You are creating more pain by *trying to think positively*, do you understand the danger of *thinking positively*... You are making your journey through life harder (*a lot harder*) than it needs to be... By *trying to think positively* you are ***shooting your progress in the foot, and assuming you are doing it the right way...*** But you are not.

By you actually *trying to think positively* and hold it, you actually bring about a rush (i.e. more than you can cope with) of *negative thoughts*. ***You are preventing your success if you 'try' to think positively.*** The moral is, you can not hold your breath long enough to become successful, so you will tire and fail. Have I made this crystal clear enough for you to consider *MAYBE stopping thinking positively*... Only you will know :-)

Curing Your Need To Ever Think Positively

The answer is that ***you just need to not think positively or negatively.*** Your acceptance of what is, and your efforts to bring down your *highs* and level out your *lows*, will mean the natural effect is what those in the personal growth world call *positive thinking*. They are saying the same thing, ***they are just teaching it in the wrong way.***

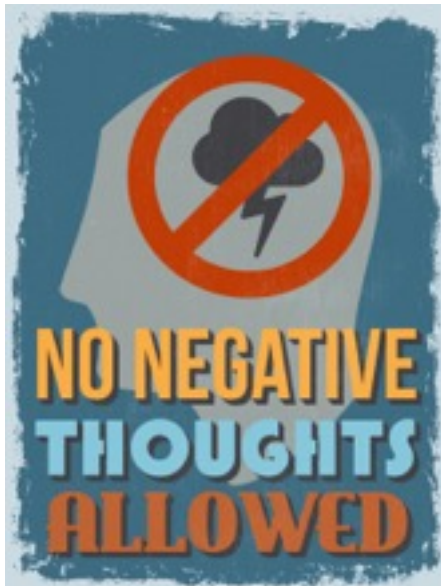
I don't *think positively*, I don't look at an outcome I desire and think that *I must think positively about the outcome.* ***I just work diligently to making the outcome I desire happen.***

You only think *you need positive thinking* because the little voice in your head says to you when you come up with a dream or a desirable outcome... ***'You can't do that, you're not good enough, last time you tried this sort of thing you failed.'*** This voice is tireless and goes at you 24/7... It never needs sleep or conscious rest, you do, and therefore to fight against it with *positive thinking* is futile!

You do not need positive thinking, you just need rid of the voice that's filling your head with negative thoughts.

I know it's probably logical with your dis-ease ridden mind to consider that *if you have all of these negative thoughts then surely positive thoughts will balance them out...* But this is like sticking a band-aid on a severed leg... *Pointless!*

All these people who teach you on *the benefits of positive thinking...* Why haven't they focused on *curing the reason why you have negative thoughts instead?* After all, if you just get rid of all *negative thoughts then there is no need to consider thinking positively...* Instead you just think (*law of least effort again*). Imagine that, *to live without any negative thoughts...* What would that feel like?



Do you think I, or Richard Branson or Donald Trump have to work on *controlling our negative thoughts?* Of course not, we recognise **without thought** (*the law of least effort*) that a *thought either helps or hurts us*. So if it's negative then **where is the benefit in me thinking it?** (*Without thought, that's how I remove negative thought...*). If however, it helps me to get where I desire to go then sure I'll think it – and *I do that without thought as well*.

This is *natural positive thinking* if you like... It is almost certainly what the successful people who teach *positive thinking* are trying to teach you... However, they are not very good at explaining it because they haven't yet worked out *how they do it themselves*. So instead of you getting the benefit of *positive thinking*, you just get tired of being swept away by tsunamis of *negative thoughts*, and so you give up.

The solution of course is simple and here it is...

No thought stands still, it either helps you and takes you where you want to go, or it hurts you and takes you away from it. All you have to do is *become 'aware' of your thinking*. As you become aware of a thought which isn't helping you, *then go and look at it*.

Don't judge it, you just look at it. When you recognise *that it has no value for you and it won't help you get to where you want to go, then it will require no effort in letting go of the thought* – and you will have applied the law of least effort.

The thought will not come rushing in again, but if it did you are now aware that it is not helping you and *you can banish it away*. You will do so **without positive or negative thought...** You will do so *without effort...* So how much effort will it take you to control your *positive thinking* around that *negative thought* for the rest of your life?

None!

This is you using *the law of least effort* to get what you want... A successful person does this without knowing they do it. **Which is why they struggle to teach it,** and tell people that they *think positively*, no they don't... *They just do not think negatively*, then all thoughts which remain are *positive*, which means *they are positive thinkers by default*, and entirely without effort...

To put it simply, ***I do not think positively, I just do not think negatively.*** Therefore all thoughts I think *are automatically positive...*

Are you a natural positive thinker?

The chances are if you do not have the life you desire then your mind is currently 'dis-eased', so you will have to apply a little thought until once more you attain the state you had as a small child. When you were in tune and in touch with ***your natural success mindset, and you automatically thought positively without effort.***

If you desire to become successful in any area of life, then you must either instinctively *already know to only think positively without putting any effort in.* Or you must acquire the skill of *controlling your thoughts through awareness* and by removing the trained thought of *ever needing to think positively.*

This can be tricky as *there are some very clever people teaching positive thinking*, so it may be hard to dismiss them when they carry so much proof with them... However, forgive them for getting it wrong and teaching it so badly, ***as they don't know they are doing it...***

Your life can only progress if you can see *truth regardless of appearances*, this ***positive thinking technique which they all teach is harming your life and destroying your progress.*** But only you can stop it...



Now this does not mean that all of what they teach is bad, far from it. But *thinking positively is WHAT to think information*, I am showing you *HOW to think*. Their way *creates pain and suffering, my way removes your biggest obstacle to progress* - your chaotic mind. Keep an eye out in the future as anyone who tells you that *you must think positively* does not know how to explain what they *may be able to do themselves.*

One of the biggest problems I found after reading countless self-help books was that so many of the teachers simply taught things wrong. This meant that when their readers actually motivated themselves to read some self-help material then they ended up going round in circles because what they learnt went about things in the wrong way.

This is why I created ***the Bug Free Mind Process*** to fix the problem in the world of personal growth. If you want lots of effort, a bad feeling and no progress, then continue *trying to think positively.*

If however, *you want very little to no effort, a good feeling and lots of progress* then at some point ***you are going to want to begin the Bug Free Mind Process...*** However, there's *no rush to do that yet.* The most important thing is I give you *some results in advance*, then when you're ready to get *a whole lot of results*, then begin the process...

So how do you use this not thinking positively in your life today?



You start by evaluating your thoughts, when you find one either *positive or negative*, you just look at it and see ***which direction it is taking you.*** Either towards your desires, or away from them. Do not look *to judge the thoughts, just look at them.* It will become pretty much obvious after a while ***which ones are helping and which ones are harming.*** They will take care of themselves ***when you notice where they are taking you.***

Today when you find something happen, *just stop yourself being dragged in to it*. Just take a little step back inside your mind and **see how the situation is making you feel**. Look at your thoughts about it, and *evaluate the direction they are taking you*. They do not stand still, so if they are not helping *then they are harming...*

The more thoughts you catch *then the lighter your day should become*. Do not expect to just fix everything in moments... Some thoughts will be tricky to evaluate accurately and *may take multiple revisits before they show their true colours...*

Always check *how the thought makes you feel*. If you *feel good*, and there is no hint of a *bad feeling* then it is probably good and safe. If you feel any hint of *bad*, then it may need looking at further. If the thought *feels bad*, then consider **why you are allowing your precious time into thinking that thought...**

The more you do this, the more you will filter out *the negative thinking*. Eventually **you will not think negatively IF you keep looking**. If you forget, you will go back to *thinking negatively* and feeling that *you must think positively to get out of it...*

Meaning reading this will have been *utterly useless...* Only you can decide to keep what you've learnt here useful :-)

Best wishes,

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