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Hey Baby, Think Positive!

In times of “The Secret” and various other books, audio books and seminars on the topic of “positive thinking”, there are those who don’t exactly share this opinion and like to rock the boat, be doubtful and criticize it. It is probably similar to back in the Middle Ages. Back then if you said a stomach ache could be relieved with ziewback and camomile tea, you would either be burned as a witch, tied up in a sack and thrown into water and drowned or stoned.

This is similar, although granted nowhere near as severe, to how people feel today when they dare to not completely share this view on “positive thinking”. In the last few years I have personally experienced that people don’t dare to say something that isn’t positive as they will quickly get an earful of “hey, think positive”.

Some kind of pervasive superficiality seems to be spreading everywhere, which apparently makes people believe they can just say “think positive” – and everything will be ok. In fact, some people are so convinced about it, they believe if they don’t think positive, everything will go against it.

They therefore fight against their thoughts from early morning until late at night and as soon as they begin to feel the slightest bit of doubt, the answer is waiting, as – they have once again not thought “positively”. You also begin to think that if something negative happens, you will be punished.

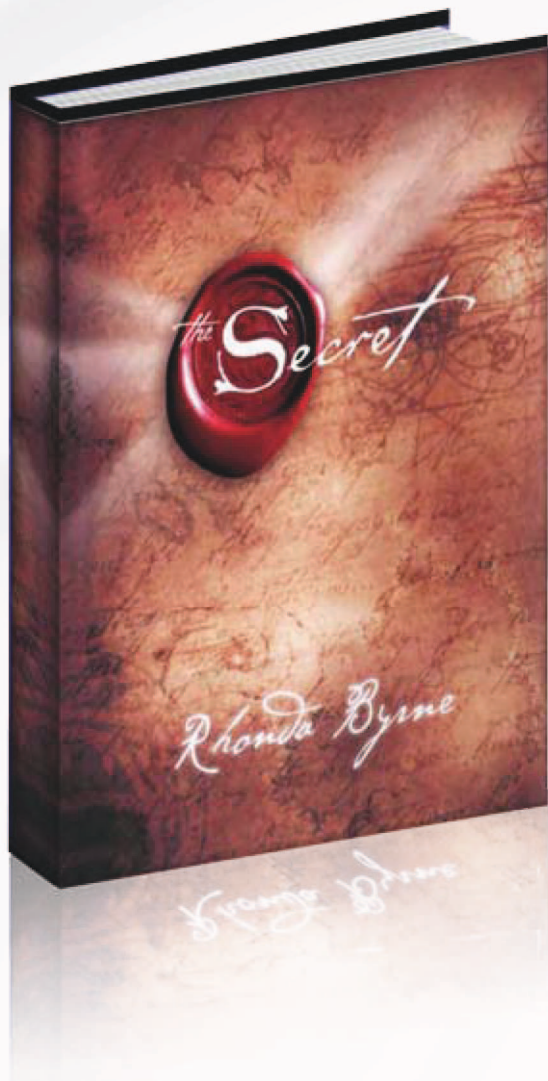
I increasingly wonder that if positive thinking is enough and that if we have learned well from “The Secret” and various other books, then why are we now in a global re-

cession and why does this affect the middle class which used to be able to afford everything? If positive thinking is enough, why aren’t there masses of well-off people since “The Secret” and similar things came on the market? I am only talking about those who have swallowed all this literature and have begun to implement it.

If positive thinking was enough, then I have a very specific question: Have you achieved the aims and fulfilled the dreams you wanted to accomplish last year?

Perhaps I just want too much. So I’ll ask something different. Something that has nothing to do with money, your career etc.: Have you become happier and more fulfilled over the last 2 to 4 years thanks to “positive thinking”? You have to look at this very closely and don’t just give a flippant answer. After achieving something in life, have you ever asked yourself just what the eventual reason for this success was? Have you ever made the effort to explore this?

Since “Secret & Co” we have more teachers than students. I hear repeatedly from friends, who have worked hard on themselves over the past ten years that today



anyone who has visited one or two seminars can now mutate into a teacher and hold seminars. It is becoming increasingly difficult to distinguish between a serious responsible teacher and a 'hobby' teacher – no matter what they do. In any case it's impossible to tell by the fees ;-)

Even if we aren't tackling the "teacher" theme today, I would at least like to show you, how I look for a teacher. I too consider myself someone who at regular intervals needs a teacher. To admit that you want a teacher or coach also has a little to do with humility. Confessing that you aren't able to do everything alone and that you actually don't know everything. My motto is: If possible try not to go to someone who has less than 10 years experience and/or success in what they teach. Under 10 years of experience and they are, in my opinion, still a student themselves.

But now back to "positive thinking".

I recently read something on Facebook which said something like "if you just think positively enough, you will fulfil all your goals". I couldn't resist writing a comment. However not only here, even on Twitter, Xing, Plaxo etc., everywhere I look, I am overwhelmed with the many (surely well meant) tips on "positive thinking". I wonder if we are making things too easy here?

Is our being – better put: our thinking – slipping into one of a superficial nature. Is this perhaps the reason why it is never enough and always has to be more?

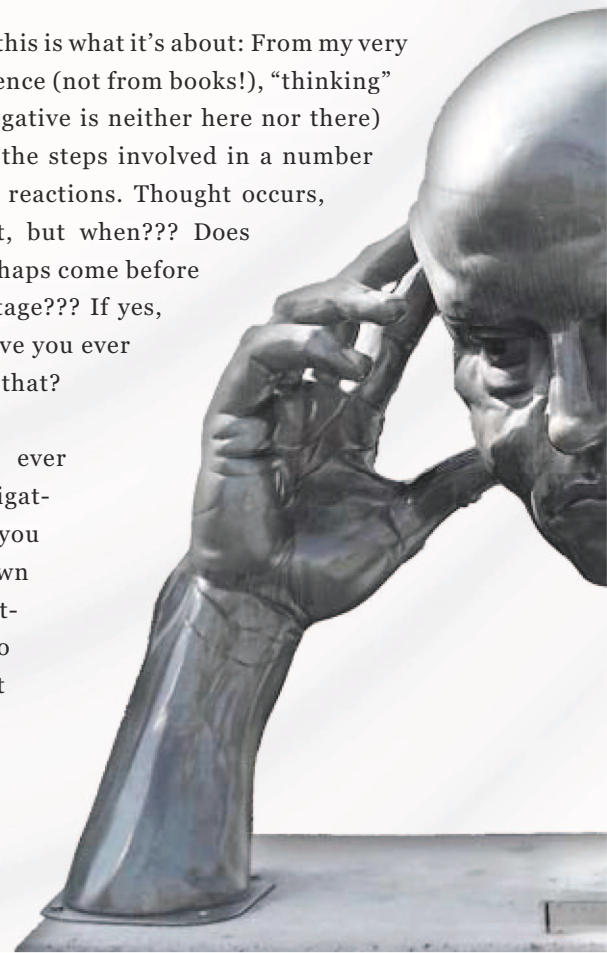
Have you never been really motivated, on a "positive thinking" high, only to be in the thick of things a week later? Have you never asked yourself the question that perhaps with "positive thinking" we treat people too carelessly and maybe even superficially? Have you never asked yourself if you truly can influence thinking? And if you are sure you can – why doesn't it always work and why doesn't it work in every aspect of your life.

Because if it did work, would you not be fulfilled and happy in all aspects of life? Do you think it's simply because you haven't been "positive" enough in your thoughts?

What's it all about?

In my opinion this is what it's about: From my very modest experience (not from books!), "thinking" (positive or negative is neither here nor there) is only one of the steps involved in a number of consecutive reactions. Thought occurs, that is correct, but when??? Does something perhaps come before the thinking stage??? If yes, then what? Have you ever thought about that?

Or have you ever closely investigated this? Have you ever sat down quietly and attempted to discover just what exactly goes on? You



shouldn't just take my word for it, that's not what I want. I'd like you to check it out for yourself.

I, initially, believe much of what I come across. Sometimes I check it out for myself and question it in order to convince myself of its effectiveness or ineffectiveness, as the case may be. I see danger in the fact that we no longer examine things, we just agree with what is offered to us. We can simply swallow the "wisdom" of "positive thinking", without examining it ourselves. We tend to pay others to give us the answers so that we only need to implement what they say, without actually thinking about it ourselves.

Why is this the case? What are we afraid of? Our senses are, to some extent, withered due to all the distractions (TV, Internet, cell phones, advertisements, consumption) that many people don't even notice that it's not thinking that controls life but a different process takes place, of which thinking is just one of the results.

Not to be misled: I personally think The Secret & Co is great. The first time I watched the DVD (2006 in Asia), I was convinced it was only the beginning or ending of a process (depends on where you begin). However, it was never the whole thing. Therefore it is somewhat superficial. It can be a starting point if you begin to take an interest in it, however not the goal, never the end.

Are we, you and I as humans, not much more complex than to be dumbing down our great though process? Our "thinking" is without doubt very important, especially in everyday life. However reducing everything to just thoughts, which at the same time matches personality – ego – can be dangerous. There are actually businessmen and women who claim they have no ego. This makes me burst out laughing. If they had no ego, they wouldn't think. It's just this simple. And if he were not to think again, he would be sitting in meditation of 24 hours and career, money etc. wouldn't matter

to him. It's not bad to have an ego and to use it to think. That's why it's there. I also use it daily. All I'll say is: Look and see if that is really everything...

Check and see if this alone is enough to lead a fulfilling life? It's quite easy to do. Ask yourself the following questions: Are you happy with the people who surround you? Your parents, siblings, friends, colleges? If their tension, conflict? Now look at this and study it yourself, how often was 'thought' perhaps the cause of a certain stress in your life? Because you just wanted to be in the right? I have some stories from my own life that I could tell...

I have something else to ask you: Suppose something happens within the family of one of your friends. Your friend is, as a result, feeling miserable. He is sad as he has just lost someone he loves. What do you say to him? "Hey, it's not so bad, life goes on? Come on, let's go for beer?" Or do you stay as far out of his way as possible as you can't cope with the situation.

Have you got the courage to forget about any well versed sayings and instead just sit with him and hold his hand? Because you realize just how much we still don't understand about this mystery which is "life"? Sometimes thinking is unnecessary. What is needed is genuine sympathy and compassion without saying much. In such a situation these sayings are superficial and show how powerless those who use them are. Sometimes a little humility is more fulfilling than saying "think positive" 100 times. Humility is incidentally not a sign of weakness, but a sign of you realizing just how little you actually know about everything.

I don't want to offer you any suggestions this time, just ask questions. I do this myself also. I ask myself questions over and over again. Now try to find your own answers, no predetermined answers, but your own.

Even though I could go on writing about this, I will at this point say, until the next time, bye,

Yours, Dany

To be continued... (maybe)...

All experiences and suggestions on the subject will be gladly received by email. Please use my website to get in touch:

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