

Our Human Planet

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I remember once after one of my talks, someone came up to me asking: 'You were saying that I can have what I want. Well, what I want is peace; how can I have it?'

And my answer at that time was: 'Start from the world around you.' But now I think I have another answer also ...

At the moment there is a lot of talking about global warming, hunger and poverty, but I would like to focus the attention also on something else.

Sometimes I hear people who are concerned about the society we live in, and it seems as if society is something outside them... something created by the Government, or anyway other people. The truth is that each one of us is constantly creating our society.

I am sure you have heard by now about the **Law of Attraction**, which is part of the **Law of Cause and Effect of the Universe**.

According to the Law of Attraction, like attracts like. Everything that has happened or is happening in our lives, we have created, consciously or unconsciously. How? With our vibrations, as everything is energy. Every thought you have, every emotion you feel, every action you take, is energy. They are vibrational energies that go out in the Universe and create. So, if we want to change our lives, the first thing we need to do is to take total and full responsibility for our lives, because if we have created something, we can change it, as we can create something else.

Now, the same is true for our society, because according to the Law of Cause and Effect, **everything we say, think, feel, or do has a consequence**. Our thoughts, feelings and actions create not only our reality, but also our society on the whole.

So if we want to change society, we need to be very careful of what energy we give out. We need to align the kind of society we would like to live in with our vibrational energy. And in order to do that, we need first of all to be aware of the energy we give out, and we need to have clarity about the kind of society we would like to live in.

The first thing you can do is to be aware of your thoughts and emotions. Ask yourself: 'what emotions would I like to see in our world?' And align your thoughts and emotions with that.

Now, according to NLP, our thoughts are linked to pictures, sounds in our mind and to the language. So, if, for example, you do not want anger, do not get angry, do not think angry thoughts, and do not visualize angry pictures. Think **ONLY** to peaceful thoughts, pictures, self-talk and talk.

Then, your behaviours and your actions are linked to your values, codes of conduct and morals. So ask yourself: 'what sort of values, codes of conduct, and morals would I like to see in the world?' And align yours with that.

And the focus of your attention is extremely important, because if I were to tell you: 'Do not think of a green elephant,' what do you immediately think about? I can guess! And when we think about something, even something we do not want, we give energy to it, and we create it. So do not focus on what you do not want and do not allow yourself to feel strong emotion against it, otherwise you create just that and the emotion simply creates more of those emotions. Think ONLY about what you want.

Now, as we were saying before about thinking only peaceful thoughts, pictures and self-talk, there is something more powerful you can do. The next step is to substitute pictures that represent something you do not want in our society with something you want. And for the people who work with magazines, TV, media, internet, this is extremely powerful, and it is FREE.

Let me explain it a bit better. You can change the way you feel by changing the pictures and you can change the way you think by changing the pictures. And the pictures we look at represent part of the nourishing we give to our mind, and the nourishing we give to our mind generates thoughts, emotions and behaviours.

Now, imagine that your diet consisted only of butter; how would you feel? How would it effect your health?

The same is true for the mind. If we want to have a positive, creative mind, we need to give it positive nourishment. And as what goes on in our mind has a strong impact on creating our society, if we want to have a positive society, we need to give positive nourishment to our minds. Does it make sense? Great!

But there is even something more: the power of language. In fact, the language is linked to the focus, and as I mentioned above, our focus create our reality. If I talk about what I do not want I simply create it. So what you can do is substitute words about what you do not want with the words of what you want. And again for the people who work with magazines, TV, media, internet, this is extremely powerful, and it is FREE.

So, do you begin to grasp all the power you have to create the society you would like to live in and leave as a legacy to your children and grandchildren? What are you choosing to do? Which pictures and words will you begin to substitute?

As **Gandhi** said: **'Be the change you want to see in the world.'**

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