

The Magic of Your Mind and Your Life as a Metaphor

by Karl R. Zimmer III

Have you ever met people who always have extra stuff lying around? They have pantries or refrigerators full of food, perhaps several of the same items. They have closets full of clothes they can't possibly wear (some pieces may even have the price tags still on them), and yet they never act like they have "enough." Their garages might be full of so much stuff that the cars are parked outside. They are often the same people who will be sure to have something (anything), "just in case." I know people who have trouble throwing anything away because they may "need it some day." "Some day" never comes, and they continue to accumulate more stuff. This behavior could be a conditioned response to having been poor or to having grown up during the depression, but it is based on a belief that unless they stock up, they may not have enough when they need "it."

The belief that is at the core or basis of this behavior could be related to low self-worth, which is usually an unconscious belief. The interesting thing about core beliefs is that they manifest in many areas of people's lives. If you know people who exhibit behaviors like those mentioned above, do you notice other behaviors or other things about them that might be similar? For example, do you ever see people eat as if there is no tomorrow? It's like they better get all they can because they may not get enough at the next meal. Most people who eat like this are overweight, and even when they try to lose weight, they often find it difficult to succeed.

In contrast, there are people who believe they will always get exactly what they need, when they need it. They don't stock up on endless supplies of things they don't really need, and when they eat, they enjoy the experience of the meal and eat only what their bodies need. They also tend to be more positive, more relaxed, and healthier. These people have more balance in their lives, overall, which is a direct reflection of their beliefs. Yes folks, it is true - what you believe, you will achieve.

While reading this article, you may have been thinking about yourself and where you fit. Ask yourself, "Do I believe that I will always get everything I need when I need it?" You may already know the answer, having thought about certain behaviors or habits while reading this article. It doesn't matter what answer you get or even if you get an answer right away. By asking the question, you are on the road to a more joyful life. How cool is that? Congratulations!

About: Karl R. Zimmer III is a therapeutic hypnotist, licensed and certified by the State of Indiana. His practice, Zimmer Success Group (<http://Z-Success.com>), is in Plainfield.

Consult your doctor before starting any exercise program or diet, especially if you have been diagnosed with diabetes or any other medical condition.

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