

Ways to Transform Toxic Thoughts

If you've ever felt the way anger or fear can electrify the atmosphere in a room, you'll know what Sandra Ingerman means by "toxic thoughts." The author, a family therapist and shaman practitioner, believes our thoughts and emotions transmit an invisible but palpable energy that can affect our mental and physical well-being. "Psychic punches," she writes, are as real as physical violence.

Here are some healthy ways to reverse the tendency to inflict those punches on yourself or someone else:

Breathe Through Your Heart



Breathing is one of the simplest ways to transform energy. This is an exercise you can do throughout your day: Place your hands on your heart and feel your heart moving as you breathe. This is calming, and feeds the energy of love, peace, and harmony in the world.

Express; Don't Send



Stress can make us act in ways we might regret later on. It is OK to have problematic emotions, and it's important to acknowledge your feelings. Just be careful not to send the energy as a "poison dart" to yourself, others, or into the world.



Watch Your Words

Your words, just like thoughts and emotions, have the power to change your experience and the world we live in. This applies to both the words we say out loud to others as well as self-talk; the words that we say to ourselves. If you tell yourself that you're not a good person, you begin to manifest this reality. Fill your mind with positive words and this is how your life will unfold.

See the Divinity in Others



Never pity others who you perceive as suffering--this only pushes them deeper into a hole. When you see people in their divine light and perfection you help give them the strength they need to deal with their troubles. Remember that your perception creates your reality and can affect others.

Connect With Nature



We are a part of nature. When we are in a state of stress we are cut off from the nurturing we receive from the elements -- earth, air, water, and fire (the sun) -- and we can actually become ill. Nature is a great healer. Take time out and connect with the natural world whenever you can. It will help you see things from outside of yourself and perhaps take deeper meaning from your experience.

Work With Water



The life-force of water can wash away your pain, and the simplest activities can have a healing effect. As you wash your hands, take a shower, or stand in the rain, visualize negative energy flowing from you and being transformed into light energy. See yourself as being cleansed.

Protect Yourself with Light



If you feel someone is sending you toxic thoughts, imagine a protective light surrounding you. Some people think of a white energy field or the protection of Love; you can imagine being enclosed in a translucent blue egg. Find a color that works for you. This will protect you from any harmful energy being sent your way.

Respond with love



You do not have to be the receiver of negative and toxic energy from others. You can choose to return the energy you don't wish to receive with love. Responding with love will prevent you from moving into attack position and creating more negative energy. It is only love that heals.

Retrieved from website: www.beliefnet.com, July 2009, based on www.sandraingerman.com/healingtoxicthoughts

and adapted for use by Susan Shinsky, MA, LPC, NCC; www.susanshinsky.com, (210) 788-0455