

# Who's in Charge of What You Think?

By Rhoberta Shaler

Who's in charge of what you think? The first answer that usually comes to mind is a vehement,

“Well, I am, of course!”

And, that is wonderful if it is true. On closer inspection, though, with both coaching clients and seminar participants, we often find great pockets where it is not true. There is often pain associated with the realization that someone from your past is actually still driving your bus on occasion. We certainly do not want it to be true! Therefore, we do something about it.



A recent client--I'll call him Allen--wanted to uncover what was holding him back from the success he wanted. It seemed to elude him. Comfortably off with no major complaints, he had a much bigger vision for himself and his family—a bigger home, a healthier savings account, more free time, greater opportunity to focus on spiritual matters, and money to share with worthy projects. He knew how to define the success he wanted. What was blocking its arrival?

Allen knew what we wanted. He was clear. Daily he included his desires in his thoughts, affirmation and prayers. All was good so far. As we worked together and he took the Midas Thinking™ program, I asked him to take one of his desires and unpack it, take the wrapping off it and see what was really there. Money played a big part in his realizing his vision. My point with this exercise was to find what was working against his conscious thoughts of prosperity and affluence.

Just like Archimedes, Allen had a “Eureka!” moment. Through his tears, he told me that his father had always been very tight with money around the family. Children has to earn everything they received by doing chores and getting good grades. Nothing was ever a gift or arrived easily. It had to be associated with very hard work and the whim of the father. Even if one of the children did work hard and do everything he or she was told, the father might withhold the promised reward. There was a clue to a blockage in Allen's thinking. I have to work hard and, if the “father” decides in my favor, I may...just may...be rewarded with what I want.

An excellent start, however, I knew that was not the whole story. As I probed, Allen continued to uncover other pieces. When his father did have money flowing easily in his life, he felt it was his right to spend it just as freely. That sounds good, however, his father spent it on himself. Spent is likely not the right word. He squandered it on fancy sports cars, trips to the track and very expensive aged wine. Although his father was responsible enough to keep the family in shoes, he did not include his family in the celebrations of prosperity.

Now, it was clear. Allen was doing everything well yet his fear that his work would not be rewarded, and his fear that he might be like his father were preventing him from accepting and claiming all that he desired. So, who was in charge of what he

was thinking? On the surface, he was. On closer introspection, the past was driving that bus.

Once past thoughts, imprints and fears have been brought to the surface and shown the light of the present, we can replace them. There was absolutely no evidence in reality that Allen had ever or would ever squander his abundance. He was clear that, although he had benefited from and emulated many of the good qualities of his father, he had no tendency to behave selfishly or thoughtlessly. One obstacle removed!

The second and more insidious beliefs that were uncovered were the ideas of earning, deserving and capriciousness of the father. There was no belief in Law in Allen's old thinking. His past experience had left him with the underlying belief that someone else determined whether he was good enough or deserving enough. He also uncovered the idea of a capricious father, a father who could be counted on one day and not the next, for some people and not others. This is huge.

The Law is the Law. Ernest Holmes said:

The law implanted within mind by an all-wise, all-intelligent Creator is that you need nothing but yourself and an all-wise, all-powerful Creator to produce anything. And just as far as you believe your success and all possibilities of life depend upon any condition or person, past, present or future, you are creating chaos, and that because of your own false thought. That is the absolute truth. You have this infinite mental principle.

That is clear. Not only does our current success not depend on the past, but, it is imperative that we not be weighed down by our past and the people, thoughts and events in it.

Our mission is to focus on now and what we wish to be in the now. Our alignment with Spirit, God, Universal Mind and Supply, is an internal one and we maintain it...or not. When we are focused only on the good, the abundance, the joy, the peace that comes from consistent relationship with Spirit, there is no room for negativity. Ernest Holmes said:

When 51 percent of your thinking is health and life and power, that day that 51 percent will swallow up and erase the other 49 percent. The day you as an individual by 51 percent of thought pass beyond this perception of limitation, everything in the universe is yours and you become it.

Allen, having discovered a limiting belief he had learned from watching his father, could now let it go. All evidence in reality in his life pointed to a loving, generous man committed to the highest and best for himself and his family. The mind space that was previously occupied with fear of becoming the worst of his father was removed and he was free to focus on the good, welcoming prosperity with open arms. His father was no longer in charge of what he was thinking.

***Who is in charge of what you are thinking?*** Take the time to consider this question and release the past. Each and every day you have the opportunity to begin again fresh, renewed and ready to receive the best. Mind is eternal activity. *Take charge of your thinking and create the life you want.*

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