

Dick Sutphen
Confidence and Positive Thinking (CD)
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“ We are what we think” said the Buddha as recorded in *The Dhammapada*,
“All that we are arises with our thoughts. With our thoughts, we make the world. Speak and act with a pure mind and happiness will follow you, as your shadow, unshakable.”

It is important that both our conscious mind and our subconscious have positive and dynamic patterns of thought expressing our hopes with joy. Such patterns need to be built up over time so that they are not easily modified by external events. One way of building such positive thought patterns is by the repetition of a simple but profound affirmation, such as the classic “ I am getting better day by day.”

To develop positive patterns in the subconscious, it is useful to be in a relaxed frame of mind and body in order to have “seed thoughts” rooted. This CD with the voice of Dick Sutphen is a help to relaxation through visualization, followed by positive thoughts repeated so as to create a pattern. Symbols are also suggested which help one to visualize a positive, confident approach to life. As the positive and confident thought patterns are developed and re-enforced, one is better able to control the contents of the mind for one’s own benefit. As Sutphen notes “Happiness and success are self-bestowed.”

Dick Sutphen and his wife Tara have produced a number of CDs and cassettes for meditation, personal growth, and healing following the same principles of the importance of positive thought patterns in both the conscious and subconscious mind. Well worth knowing.

René Wadlow

