

Donna Sheehan

Changing



Your Mind

Book 5

Changing



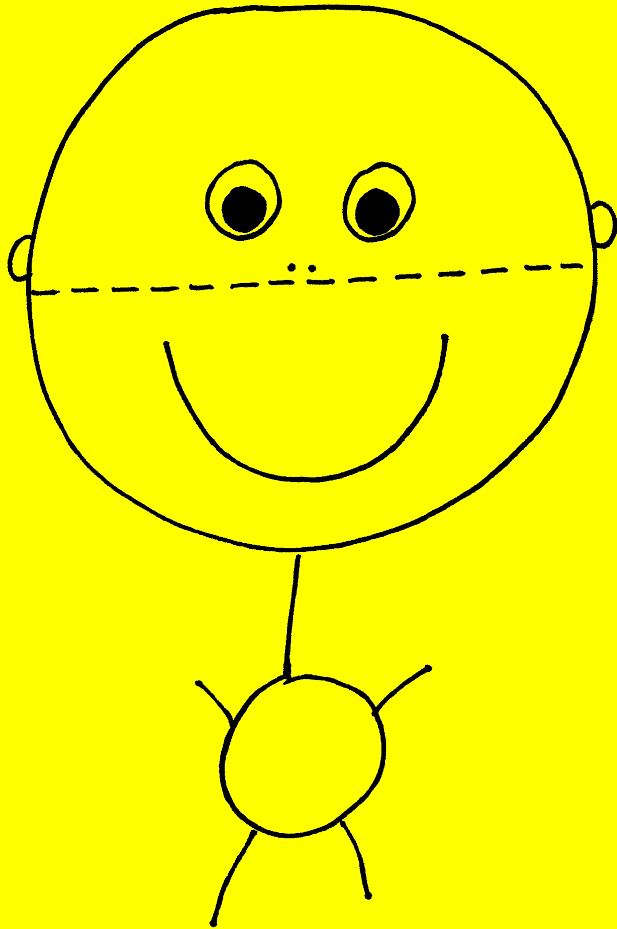
Your Mind

Book 5

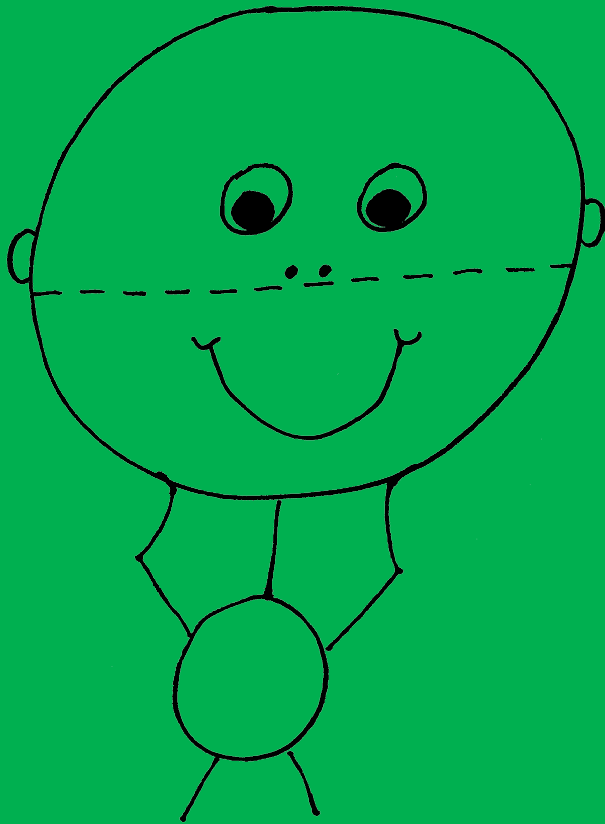
"My Thinking Mind", Series 1

**Written and Illustrated by
Donna Sheehan ©2007**

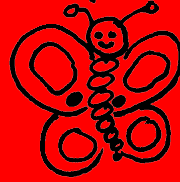
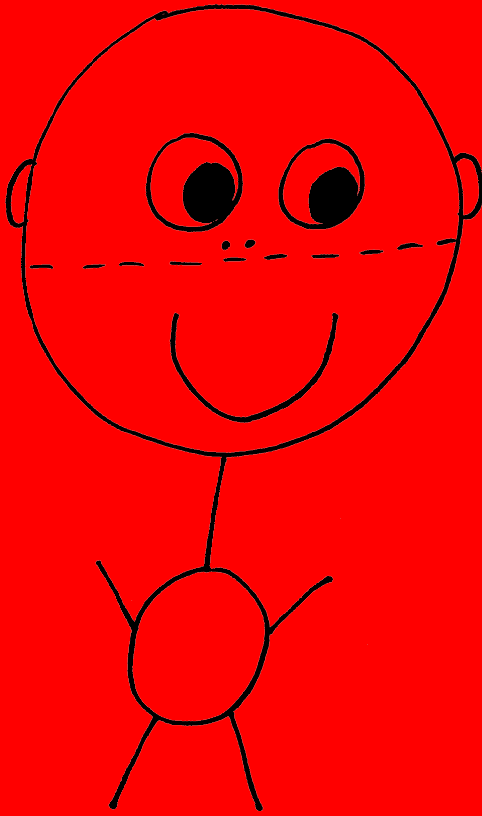
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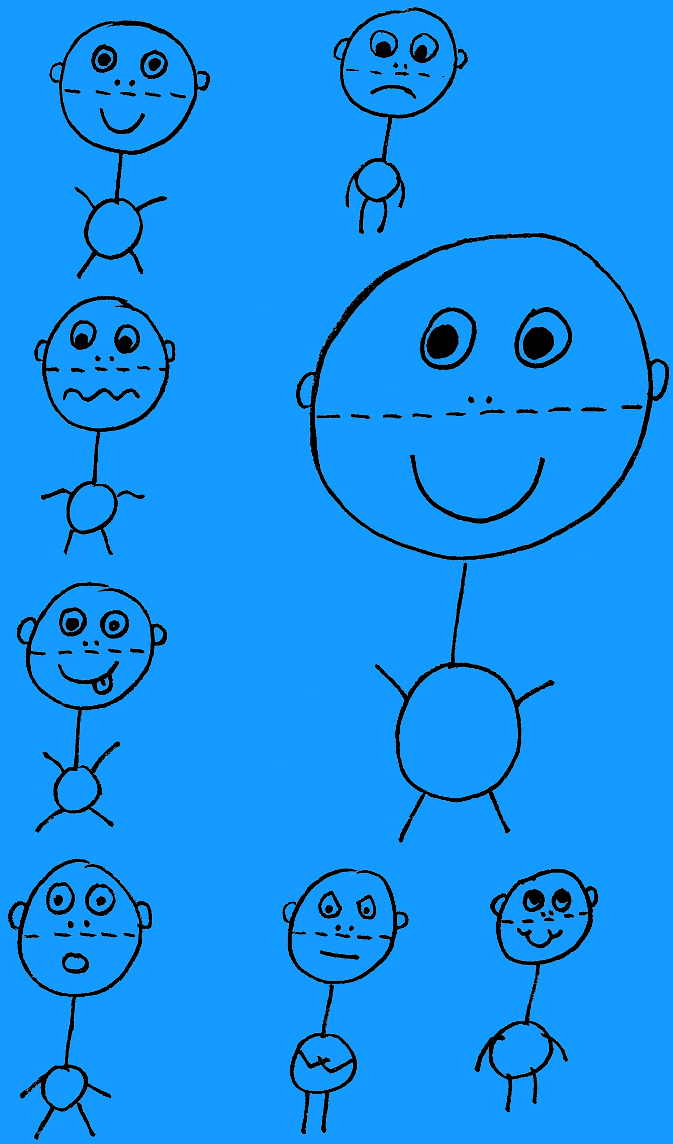
This is you and
your perfect mind.



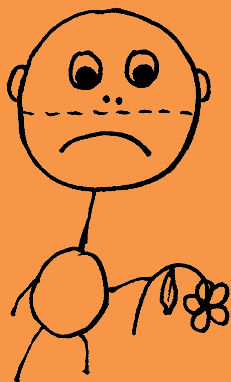
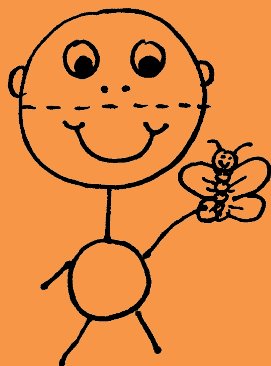
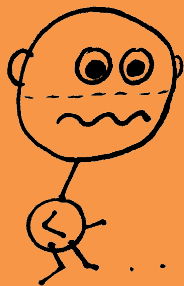
You and your mind
have a perfect
memory.



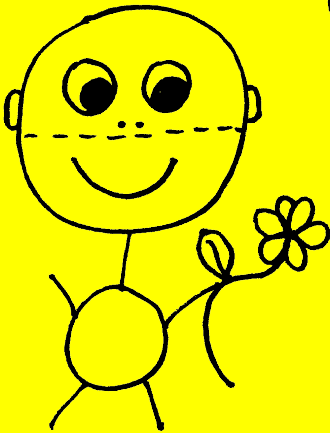
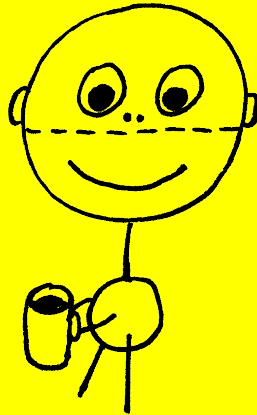
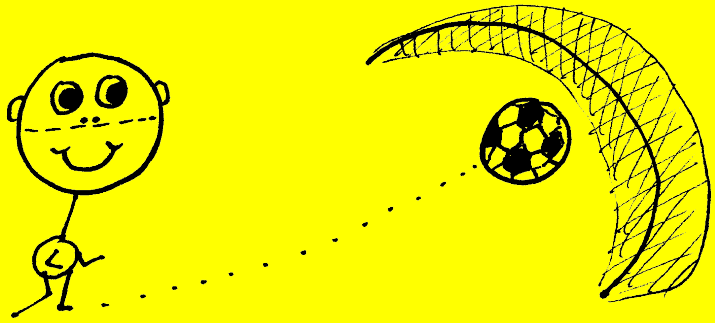
You remember all
the thoughts you
have thought
before.



You remember all
the feelings you
have felt before.

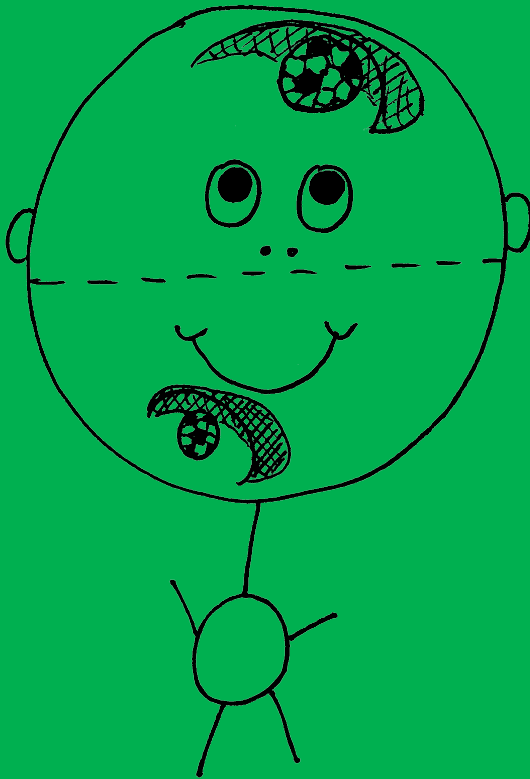


So you already
know what you feel
about the
thoughts you have
already thought.

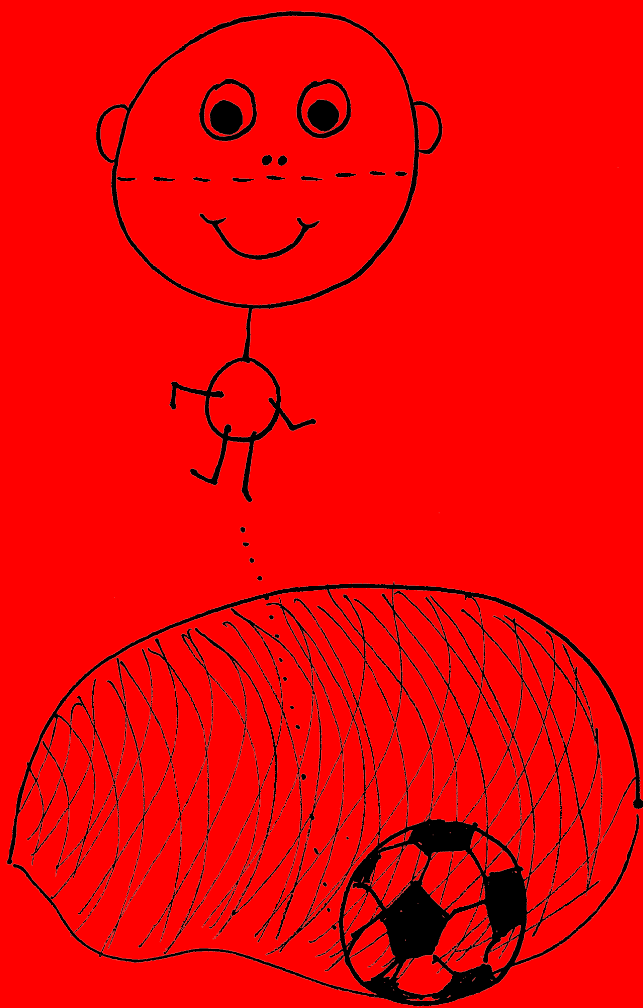


But...

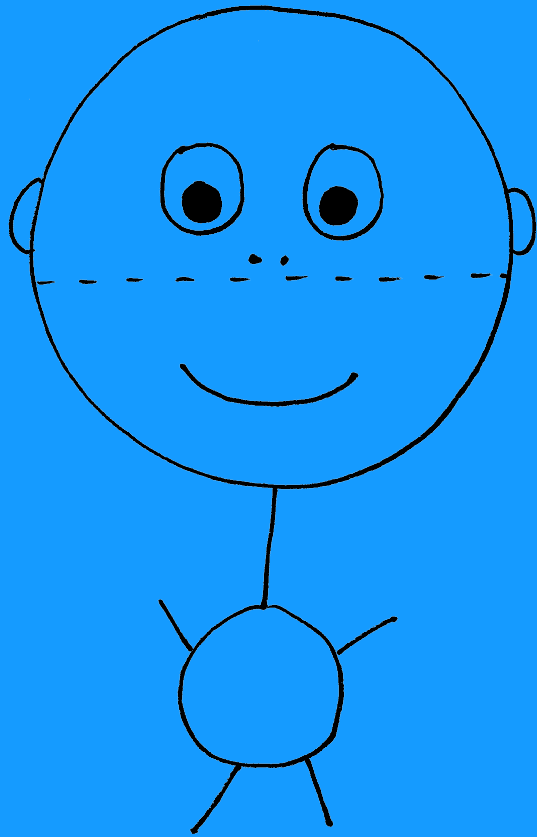
You can think a
new thought about
something if you
want to.



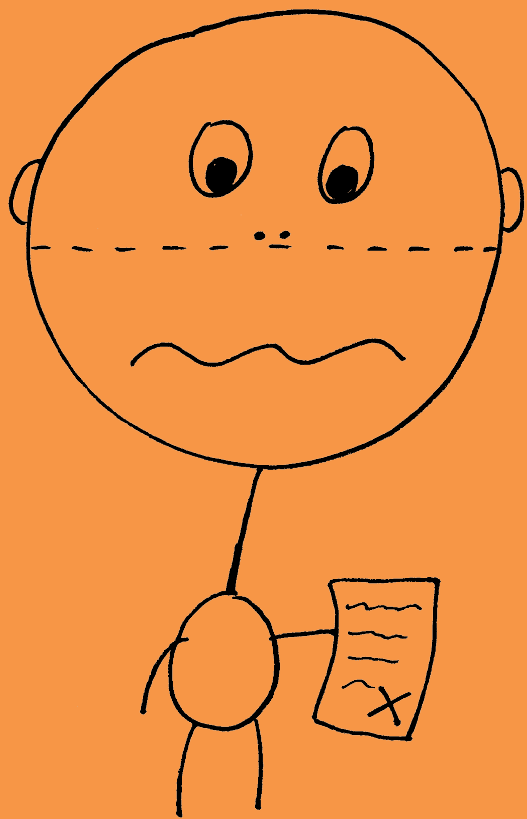
And if you think
your new thought
long enough, you
will feel your new
thought.



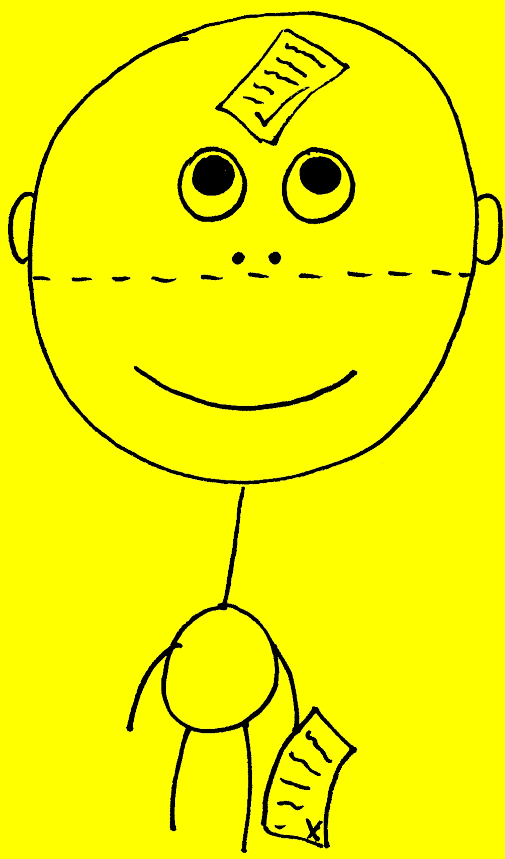
And when you feel
your new different
feeling, you will do
things differently.



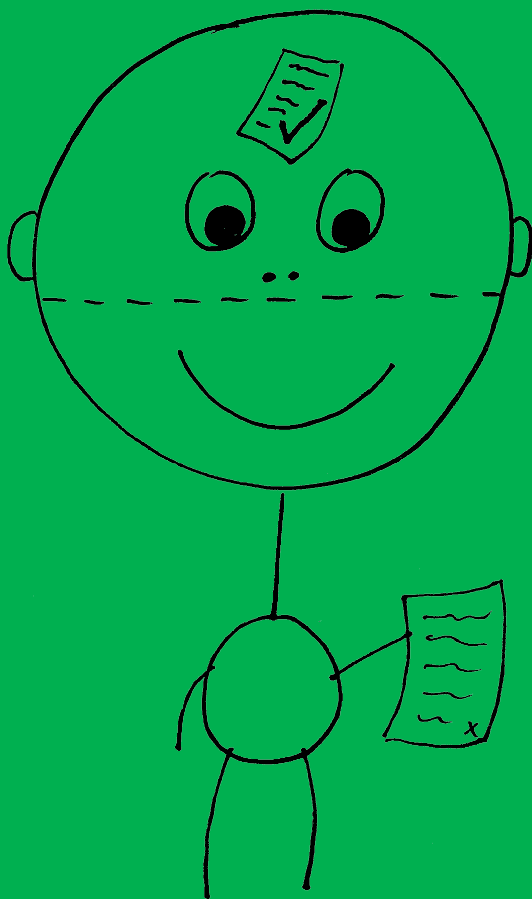
So...



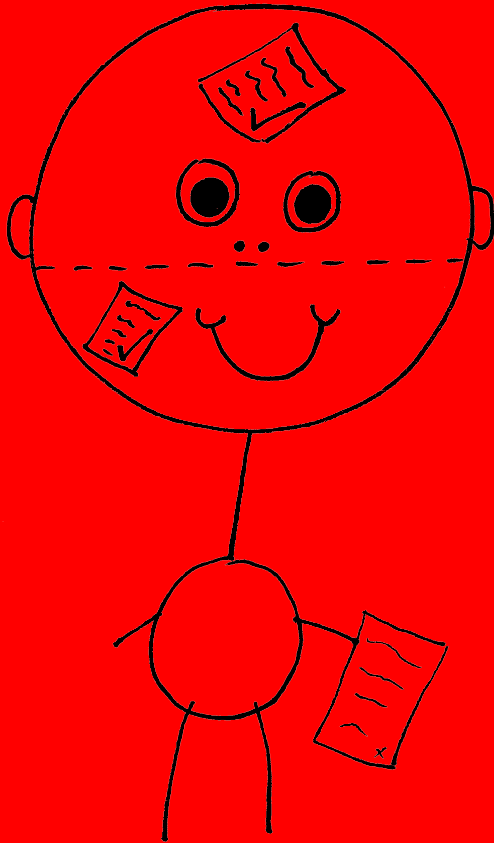
If you want to
change something
about you or your
mind,



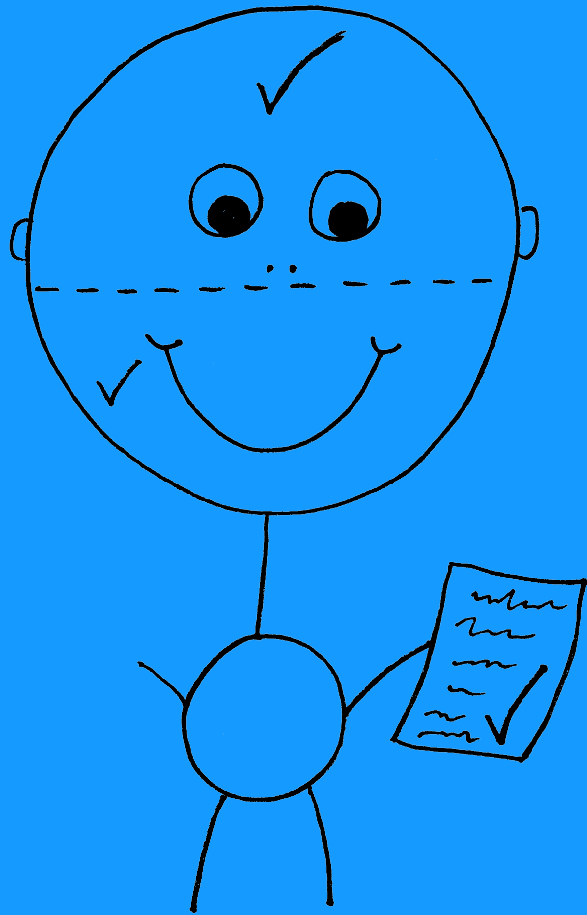
All you have to do
is think.



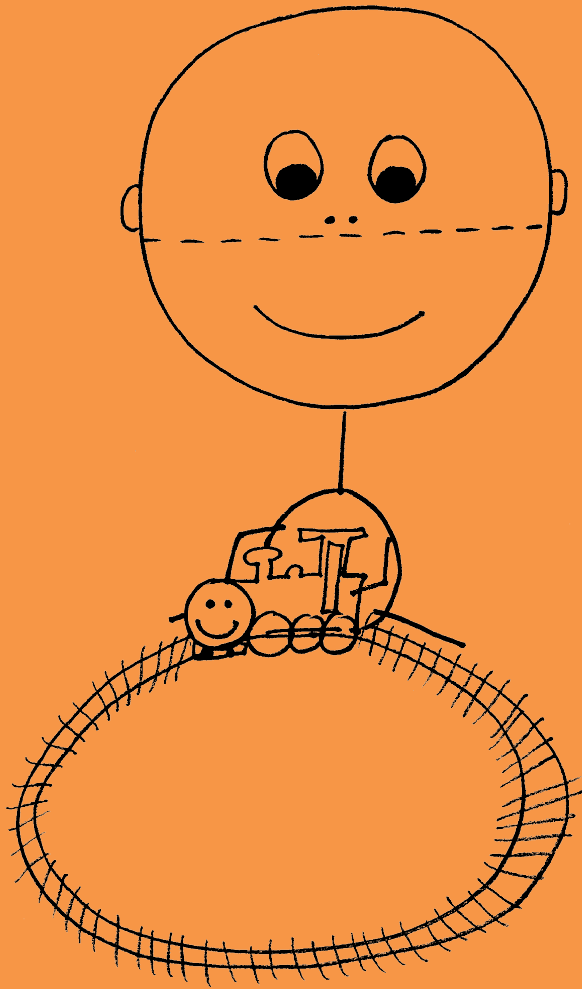
Think your new
thought long
enough to change
your thinking.



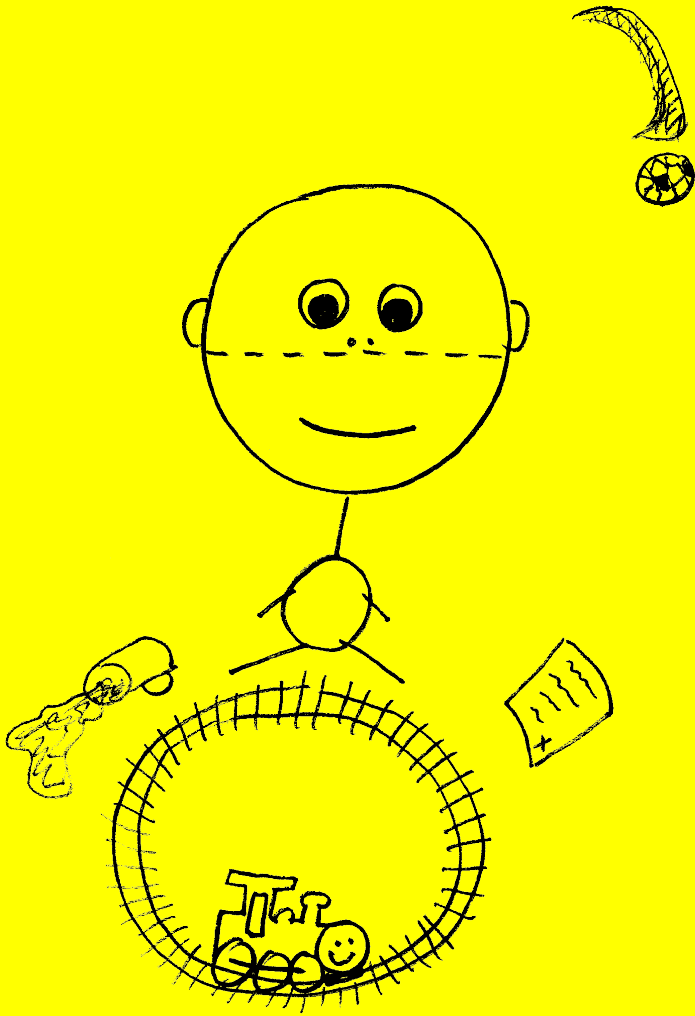
Think your new
thinking long
enough to change
your feeling.



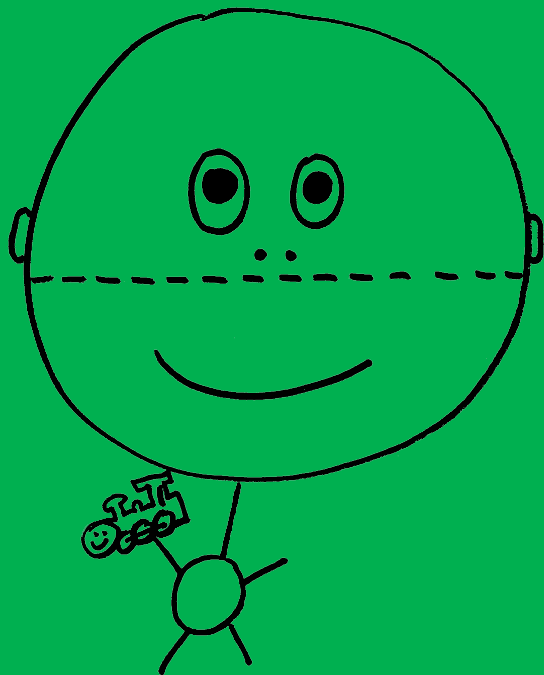
And you will have
changed what you
do, and changed
what you get.



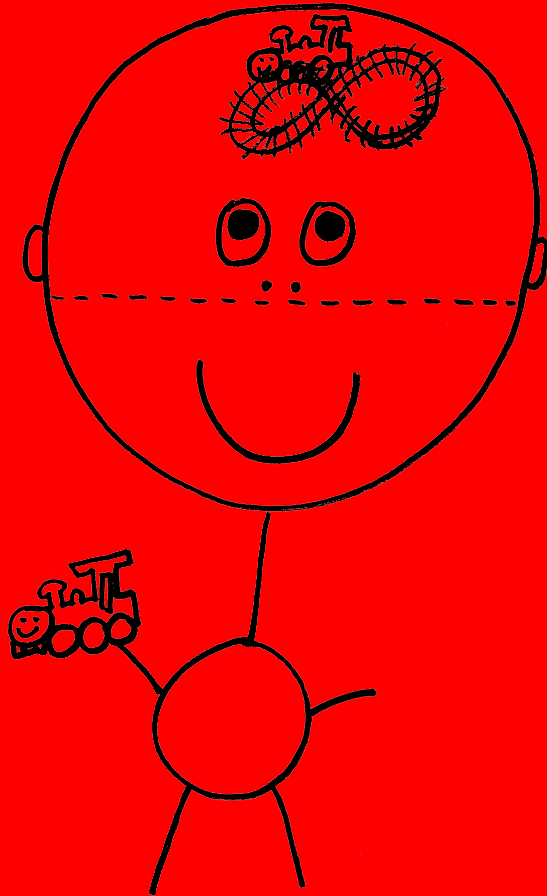
If you keep
thinking what you
already think, and
feeling what you
already feel,



You will keep doing
what you already
do, and getting
what you already
get.

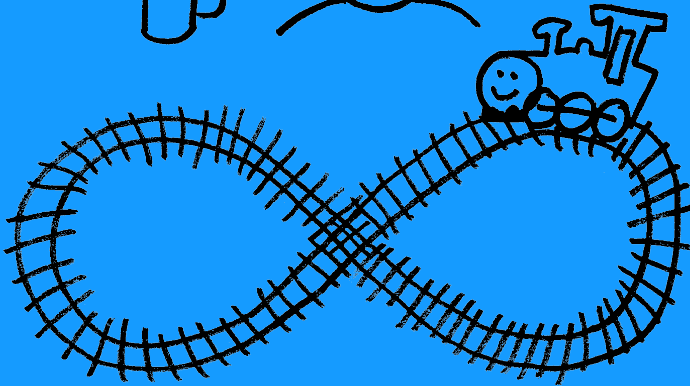
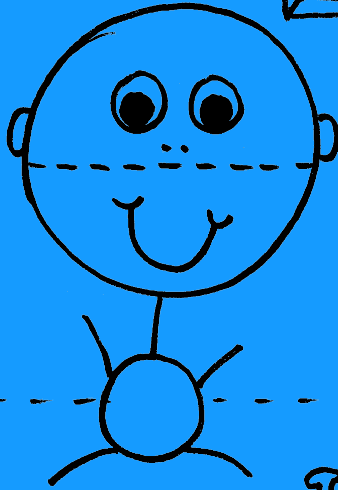
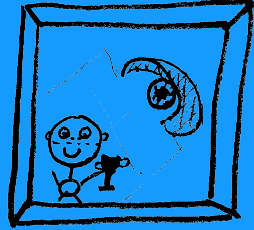


But, if you want to
change your mind
or want to grow or
be different now...



All you have to do
is think,

when
was he
- -
- ✓



And be the new
perfect you that
you want to be.

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PO Box 277, Kilcoy, QLD, 4515,

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Email: donna@mythinkingmind.com

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These books were inspired by the teachings of Bob Proctor, the phenomenon that is 'The Secret' and by the mind stick figure originated by Dr. Thurman Fleet in 1934.

Thankyou.



"My Thinking Mind" Series 1:

1. I am me
2. Be happy
3. My mind and me
4. Decide what you want
5. Changing your mind

Written and illustrated by Donna Sheehan.

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