

Moving your thoughts away from anger to **“LOVE and GRATITUDE”**

When we experience an emotion, such as anger or fear for a short time, we refer to this as a **“MOOD”**. However, when we allow a mood to persist for a long period, it manifests as our **“TEMPERAMENT”**. As these refractory energies persist for years, we have now invited a new **“PERSONALITY TRAIT”** into our life experience.



In other words, our thoughts, create our temperament and so the person, who shows up in your world, is the result of your consistent thoughts or thinking.

The great news here is this:

If your thoughts have created an angry or fearful temperament, which you do not want. You have the **“POWER”** to change it.



All we need to do, is work to **“CHANGE OUR THOUGHTS”**, where we start thinking **LOVING THOUGHTS”** and our body will do the rest. Namely, generate chemicals or hormones that will result in an emotion of **“LOVE”**, which in turn will result in a **“LOVING MOOD”**. This **“LOVING MOOD”** will over time become your temperament and the refractory energies, of **“LOVE”** that you express for years, will become an entrenched **“PERSONALITY TYPE”**, namely - One of **“LOVE”**.

“LOVE” will then be stored in your body, as your memorized emotion of choice.

It really is that easy, to move away from **“FEAR and ANGER”**, towards **“LOVE”**

Love is our **“NATURAL STATE”**

Doing the above, is easier than you think, as **“LOVE”** is our natural state. Start right now and every time you think a fearful or angry thought, consciously **“STOP YOURSELF”**, by repeating a positive mantra or saying, such as:

“I am loving, and LOVE is who I am”.

Keep repeating this positive thought until, the **“FEAR OR ANGER”** subsides. You can make your own, but **“I am loving, and love is who I am”** is the mantra or thought, pattern that I use.