

THIS
BOOK



*So Pick
It Up and
Read It*

FOUND
YOU!

BERONICA PARHAM

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This Book Found You!

INTRODUCTION

• • •

You found this book for a reason.

There is something within these pages that you need to know at this moment—be it a new idea, or a reawakening of something you learned long ago. All too often, many of us remain in our comfort zone and stay complacent, accepting where we are in this moment, and we do not dare to rock the boat. We accept without question what happens in our lives, both the good and bad, as just life. We may dream about what could be or what something could become. But we do not take any action to move forward.

Does this sound familiar? This is why **This Book Found You**. For many years, I lived my life by society's rules and believed that I needed to do what everyone else deemed appropriate to be successful and happy. I followed society's blueprint: went to school, graduated from college, had multiple jobs, got married, had children, and struggled financially at times. Trying to live up to other people's expectations, I based my happiness on how I appeared to others and what they thought of me. I gave away my power, not even realizing I had any. As a result, I constantly felt the pressure to be better than I was and do better than I did.

Have you decided to just accept where you are in your life? Are you feeling some of the same pressures that I did? I believe so because **This Book Found You!** To others, my life appeared great. There were no real complaints. My work was fine, and my family was healthy. However, I was never truly happy. I had this nagging feeling that something was missing and that I was not living the life that I was meant to live. I knew that I was destined for so much more.

When I expressed my concerns to others, I received comments such as, “You are already doing fine. Why would you want more?” I tried to make sense of these external comments and be ok with where I was, but my efforts never lasted. I still did not feel whole and knew that there had to be more to life than what I was experiencing.

My desire to learn how *not* to let other people’s limiting beliefs become my reality and how to create the life I truly wanted, put me on the journey to find some answers. I have had the privilege of studying with someone who helped me to see that all these things I wanted were possible and were in my reach to achieve. It was an awakening. Starting my spiritual journey allowed me to realize that I was capable, worthy, and not alone. When we can be completely honest and truthful with ourselves there is freedom in the knowing.

I have studied, researched, and learned the process of goal setting, eliminating limiting beliefs, planning for change, and implementing that change. As I studied and expanded spiritually, I could see my life changing. I began to see more positive change in myself. Inner peace and understanding were coming into my consciousness. I started to see things differently and became more compassionate and fearless. I realized that I do have the power to change things in my life. I finally listened to myself and set boundaries. By doing these things, I gradually began to feel whole.

The first time I noticed things were changing for me was when I realized I was not as angry as I had been. I started to see people and situations differently. I began to understand that it was my perception and acceptance of the pain and/or wrongdoing that was causing me to hold on to the resentment and anger. Can you imagine the freedom that you have when you know that you do not have to take on other people’s problems? My thoughts and feelings about people whose names would trigger feelings of anger and rage in me from past experiences became just a memory with no emotional attachment. I was not holding on to past hurts anymore. I was changing, and they no longer had power over me. To be able to truly forgive and understand that when people lash out and do hurtful

things, it was not about me, and **I did not have to accept it**—this was big for me.

The results of my journey so far has been a spiritual release and renewal. Using the tools described in this book, I have become more aware of who I truly am, and with this understanding, I have been able to focus on what is best for me. Does that mean that I no longer have feelings of anger, sadness, fear, or uncertainty? Of course not, but I do have the tools to get myself back on track faster and get back into a place of love, hope, gratitude, and joy.

I have seen remarkable change not only in myself but in others who started to approach their lives with an unlimited mindset. It didn't take long for people to notice a positive shift. When I started coaching, the comment I remember most was, "I thought it would take forever for me to see any change. I am surprised at how quickly this shift has happened."

This improvement is what I want for all of us. Therefore, I felt it was necessary to share what I have learned and how to achieve whatever you may want by changing the way you think. *This Book Found You* is a product of what I have learned by using tools to help in the change that I was seeking. I take people on a journey that visits the six key ideas to help them live happier, more fulfilling lives. They include the following:

- 1. **Positive Thinking**
.....
- 2. **Controlling the Subconscious Mind**
.....
- 3. **Understanding Vibrations**
.....
- 4. **Forgiveness**
.....
- 5. **The Law of Attraction**
.....
- 6. **Gratitude**

You might start to wonder how you can get things done and really move things from being just a thought to reality. You act and

move one step at a time. Each chapter of this book contains practical recommendations you can implement in your daily life.

When you begin to transform your thinking, accept the possibility for change, and become aligned with your spiritual self, you can surrender and create the life you want to live. Of course, thoughts need to be followed by actions. If you take no action, then nothing changes, and thoughts remain just ideas and dreams.

*“We are responsible for what we are,
and whatever we wish ourselves to be, we have
the power to make ourselves”.*

—SWAMI VIVEKANANDA

What you will discover in the following pages has the potential to completely change your life. When push comes to shove, you are ultimately and entirely responsible for your thoughts, actions, and successes in life. You will gain insight through practicing and opening your mind to potentially new ideas, or you may be revisiting these topics to make the commitment to implement them into your daily life. Make these a daily practice and watch how your life improves. Are you ready for the transformation? Yes, you are because **This Book Found You!** It is your life; you can do this and see minimal or dramatic positive change—it is up to you.

*“You are the conductor
of your own attitude! Nobody else can
compose your thoughts for you”.*

—LEE J. COLAN



Chapter One

POSITIVE THINKING

...

Positive thinking isn't about ignoring the negative or trying to wish it away with positive thoughts. It is about seeing the obstacle for what it is and being positive that you'll have the strength to get through it.

*"The mind is everything.
What you think, you become".*

—BUDDHA

Positive Thoughts

Did you know that right now, you are a perfect expression of infinite power? There is nothing that is impossible; everything that you want can be a reality for you. As you become more aware of your connection with the infinite power within you, that awareness will be reflected in everything you do and achieve.

Changing the way you think and becoming aware of who you truly are takes time; it is a process. It requires replacing old negative/bad habits, and conditioning with more positive thoughts that will lead to more positive behavior. Most likely, you were conditioned with all types of ideas and so-called truths, which have become fixed in your subconscious mind. Today, they could be causing you grief, preventing you from achieving the things you want in your life. These limitations are holding you back from moving forward. These ideas, truths, and thoughts that became your habitual way of looking at the world cause the unwanted results you are currently getting. The more you practice positive thinking, the

easier it becomes to break these old habits and form a new way of thinking.

Positive thinking does not mean that you begin to ignore the unpleasanties in life, but it does mean that you can approach difficult situations from a different perspective. Positive thinking isn't about ignoring the negative or trying to wish it away with positive thoughts. It is about seeing the obstacle for what it is and being *positive* that you'll have the strength to get through it.

A person who practices positive thinking can shift those all-consuming negative thoughts and start focusing on something positive much faster. Learning to stay in a positive state by being aware of what you are thinking, doing, and feeling is necessary to thrive and grow. Do you find yourself looking for outside influences to make you happy? If so, you have to begin to look within yourself instead. Happiness is something that is inside every one of us—it is not external. When you are focused on the negative aspects of your life, they may often cause stress or anxiety and ruin your day. But when you have a positive mindset and stay in a state of gratitude and appreciation, you will likely find yourself smiling more often, being friendly to strangers, and becoming more understanding and compassionate.

Are you able to focus on positive emotions? Can you imagine feeling hope, love, courage, confidence, and joy? Can you feel the strength that comes with these emotions? What is the worst thing that can happen to you if you are hopeful, joyful, or confident?

If you felt courage and confidence, what would you do? Would this move you to take action and move toward the things you really want?

I want you to breathe and open up to invite these positive feelings into your life. Can you start to think positive and imagine living a life of joy and gratitude? The very first step is to start to see yourself living the life you want and to see what is possible. When you can feel joy, hope, love, courage, and gratitude for yourself, you can start to take the steps needed that will help you let go of

whatever may be holding you back and create the life that you truly want.

Emotions and thoughts impact every aspect of our lives. Sometimes it feels like our emotions just totally consume us. So how do we get our emotions under control, so they no longer impact us and control our lives? We take our Power Back!

I was never taught that I could control my thinking or had the capability of releasing negative thoughts, but now I have found that we have the ability to do so. We first need to acknowledge what we are feeling. There is a place for all of our emotions; there is a place for anger, resentment, sadness, fear, and anxiety.

To acknowledge how you feel, you can find a quiet place, close your eyes, take a few deep breaths, and say to yourself or out loud:

I am feeling _____ (what emotion you are feeling).
This is why I am feeling _____ (emotion you are feeling).
Even though I am feeling _____ (emotion you are feeling),
I can still accept the way I feel, love myself, and move forward.

This structure allows you to pinpoint what you are feeling and why, but also to understand that it is OK to feel what you are feeling. Notice what comes up and write it down. When you are still and open, you can hear the message that is meant for you. Listen to yourself and your body.

*“If you want to clean house,
you first have to see the dirt”.*

—LOUISE HAY

Most importantly, do not beat yourself up about how you feel. Just acknowledge your feelings. The ability to be compassionate with yourself and all your feelings will help you start to heal. If you are open to making a positive change, then you can begin the journey. Once you realize that you do have power over what you are thinking

and understand that YOU ARE ENOUGH, you can start to shift yourself into the true powerful you.

It was over three years ago when I started to focus on the practice of positive thinking and having a positive mindset. By changing my perception of the world around me, I quickly saw changes in the world and in myself. I did pray for strength and freedom from what was weighing heavy on my mind, but it became much more profound work than that. I found that when one is in a more positive state, more positive things tend to show up. When we can start to think and focus on more positive thoughts, we begin to expect good to come, and guess what? Good things will come.

When we intentionally focus on positive thoughts, our actions will be such that our connection with our feelings and our interactions with others will positively improve our overall well-being. When I am feeling overwhelmed or upset and just feeling low, I just do what comes naturally and breathe. I direct my mind to the truth of higher consciousness by finding a peaceful place and becoming quiet. Then I close my eyes and just breathe. I take deep breaths and exhale slowly until I start to feel better. I breathe in through my nose and breathe out through my mouth. It's incredibly relaxing. Once I get to a place where I feel like I'm grounded and calm, I move forward with affirmations, intentions, or prayer. Mindful breathing is my tool for grounding myself, getting in the correct mindset, and becoming clear so that I can refocus my attention on something more positive that will help me with whatever negative emotions I am experiencing.

In my life, I have received so much good: good in relationships, good in financial abundance, and good health. When good things happened to you, do you remember how you were feeling? What were you thinking? Having a positive mindset allows you to attract more good. This does not stop negative things from happening, but it gives me the help needed to change my thoughts, which helps to change my perception. Before I became mindful of how I perceived the world, I was going through my life on autopilot and living in a

reactive state. I wasn't a mess—not outwardly, at least; I was still able to meet goals and be successful, but often, everything was more complicated than it needed to be. That all started to change when I was able to see things in a more positive light. Once I shifted my mindset, I started to expect good things to happen for me, and with that, I opened myself up to see opportunities and possibilities that were obscured before. Simply put, when I started to expect good things, good things came.

When we come into this life, I believe we have a path and a purpose. Most of us spend most of our lives trying to figure out what that path is. I still often check inwardly and ask if I am on the right path, and I find the answers become more accessible if I ask with the right intention. In my opinion, we made an agreement, or pact, before we came into this human existence to take a particular route throughout our life, full of trials and tribulations but also packed with hidden Easter eggs of opportunity. Once we can truly be open and start to expect good things for ourselves, these hidden Easter eggs will begin to line up for us. Multiple opportunities will start to show up. The truth is they were always there, but until we expect good things to happen, we are unable to see or even imagine what is possible.

How to Maintain Positive Thoughts

Although it is impossible to avoid adversity altogether, individuals who have a positive attitude will always bounce back quickly. Consciously, you can only focus on one thought at a time. So, when you notice a negative thought, you can replace it with a more positive one. It is not about denying that there are difficulties in life that bring negative feelings or negative thoughts with them, but rather about changing how you respond to an event using carefully selected words, thoughts, or ideas that can transform your outlook.

For example, instead of referring to a problem as a problem, call it a situation, puzzle, or challenge. The rephrasing of a single word will help you interpret the event more objectively and change your

perspective to see things from a different view, thus changing your narrative. For example, instead of saying, “I have a problem,” consider saying, “I have been introduced to a new challenge, or situation, or even a surprise opportunity.”

The Benefits of a Positive Mindset

By making positive thinking a habit and consistently retraining your brain, you will naturally develop a positive mindset and gain many benefits, including gratitude, integrity, flexibility, optimism, and resilience. Along with a positive mindset, you will find it possible to calmly accept less-desirable situations, see things from another perspective, and begin to see the lessons and growth potential within them. When you are in a state of gratitude, you will be able to accept what comes and find the reason to be grateful even in bad times.

Science and spiritual practices prove that positive thinking provides real value in our lives. Focusing on and practicing positive thinking can rewire your brain and enhance positive feelings. Like anything, to become a master, we must practice; we have to work at it. Think about exercising; we must perform the exercises to achieve the desired results. Dr. Barbara L. Fredrickson is the Kenan Distinguished Professor at the University of North Carolina and author of the book *Positivity*, which provides excellent insight into positive thinking and its impact on our lives. Dr. Fredrickson states in her book, “When your soul is stirred by the sheer beauty of existence; or when you feel energized and excited by a new idea, or hobby, positivity reigns whenever positive emotions—like love, joy, gratitude, serenity, interest, and inspiration—touch and open your heart” (Fredrickson, 2009).

As we continue to explore all the good things that happen when we begin to think positive, it’s important to remember that there is a place for negative thoughts or bad feelings. When I talk about negative thinking, I am not talking about negativity. There is a difference. “Negativity” means having a bad attitude. Negativity is seen in someone who is always angry, cynical, and complaining

about being helpless or sad all of the time regardless of the situation. “Negative thinking” is having the ability to see or feel the dark side of people, ideas, places, and things that allows us to respond to them in order to protect ourselves. They are necessary and crucial to our experience. Negative emotions enable us to sharpen our awareness in the wake of danger; this is essential to our survival. Negative feelings could help you set boundaries; it can help you to be cautious when making decisions. If you experience negative emotions, give yourself some time to investigate them and see if they are part of negativity or just negative thinking.

Belief in a Higher Power

When some of us think about a higher power we may think of a deity or supernatural being. Some of us believe it is a supreme being that is greater than other gods. For some, it is a single, all-knowing God or a conception of the power of a God. Then there are people who don't believe in beings. They believe the universe or nature itself is a higher power. Some people believe group consciousness is a higher power.

Believing in a higher power can help us find purpose. It does not matter the name you give this higher power, or if you name it at all, but when you have faith in something bigger than yourself you can find peace. The idea of a higher power is simple—it is a connection. People need and want to feel connected to something. Knowing that we have a place in this world and knowing we aren't alone will give us strength.

It is human nature for us to want to feel a part of something and to have that feeling of belonging. Most people don't choose a higher power. They go through a spiritual process and subconsciously connect with a higher power. As they grow to understand that power, the connection grows in their consciousness. They experience a spiritual awakening and realize the connection exists. It is often disputed which practices are the most valid—whether they

are spiritual or scientific—but I suggest that both are valid routes to positivity.

Shamans, for example, perform certain rituals to get in touch with their higher power and use certain medicines and drugs to help them reach higher realms. I don't personally use any substances to get to that place, but there is no judgement here. If it helps others, I respect it. I wouldn't criticize anybody's practices to find a connection with a higher source.

In paganism, the concept is that they give back to their ancestors. Often during either a full moon or new moon, they go on a pilgrimage and offer a gift to their ancestors. It's said that pagans often receive visions and messages from ancestors to help them on their journey. I like the concept of recognizing our ancestors because I do believe that they are here supporting us.

I like to take time to understand and explore other ideas, philosophies, and practices from many different cultures, as each individual will resonate differently with different practices. It's a journey toward oneself.

One of the best ways to start to change your current state is with positive thinking. Having a positive mindset will change your life! Understanding that negative or bad things will still happen but remembering to breathe through the tough moments, believing in a higher power, and shifting your focus to a more positive thought as quickly as you can gives you the strength to overcome obstacles and achieve your goals.

As we leave this chapter, I believe this quote from Henry Ford sums it up: "If you think you can or think you can't, you are right." It is easy to let your thinking run amuck for all the things you want in your life, but when you practice being intentional with your thoughts and focus more on the good, you are able to see opportunities that will lead you on the path to obtaining your goals.