



Strong from Within

with Ann Strong

RETHINKING THINKING

For a Whole New Life

17. Before Thinking

Instead of paying so much attention to *what* we're thinking, let's look at the fact that we *are* thinking.

We are not our thoughts. We exist before and beyond our thoughts.

Where were we before thinking? Where are we beyond thinking?

We were, are and always will be a spark of the Source of a All. Of One Mind. In the Consciousness of One Mind. Impersonal.

And, at the same time in our own personal consciousness. Accessing thought. Both impersonal thought from One Mind, through One Consciousness and personal thought through personal consciousness.

Take a deep breath and feel into this place of Pure Peace, Pure Well-Being, Pure Oneness, One Mind.

To greater and greater awareness. . .

Strong from Within

Loving, embodying and expressing you

Empowering women business owners to make their extraordinary contributions

W: AnnStrong.com • E: Ann@AnnStrong.com • P: 303-989-2787