

Mental Plane Power:
How Your Thoughts Direct
Your NOW

PJ Zito

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Join our private Facebook group where champion seekers gather in community: 📌

<https://www.facebook.com/groups/LivingInTheNowChampions.com>

Be happy "Living in the NOW™" by putting self-care first. That is the secret to making each day your best.

📌 My Bestselling Amazon Author Page has all my books, journals, planners, diaries, and even a #1 Amazon Bestselling how-to cookbook:

📌 <http://tinyurl.com/PJZitoAuthorPage>

Happy NOW,

PJ Zito



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Introduction

Do you know that you have the capacity to take your life to an incredible level with the intelligence embedded inside you?

Yes, you possess that power, and it breaks my heart that most people do not know how powerful they are. For us to live a life where happiness and abundance are real, we must learn to work with our Mental Plane to influence our Physical Plane. We have access to create ourselves with the wealth, health, friendship, love, richness, happiness, and freedom that we are expected to enjoy in our abundant **NOW**. (Our Spiritual Plane essence.)

Our Mental Plane mind mastery gives us the power to transform our Physical Plane body. We create poverty and sickness, or we create wealth and happiness with our thoughts.

Usually, your Mental Plane thoughts serve as an obstacle to your greatness, and this explains why the wealth, health, and freedom you are supposed to enjoy in your Physical Plane world becomes elusive. You must change your Mental Plane thoughts and master your Mental Plane self-talk if you are ready to change your life, because your life is created by your thoughts. If you let your Mental Plane thoughts work against you, it is likely that

your life may not become what you want it to be. Your body believes what your mind tells it.

The interesting thing about all of this is that you are the pilot of your thoughts, and you alone can choose what you want to think about. And, of course, this means that you can enjoy the results you want since you can choose and change your thoughts — you are the guardian of your thoughts, and you are the master of your Mental Plane. Your thoughts can be controlled by you alone because your mind is yours and without your permission or a loophole you allow, it is impossible for anybody else to put a thought in your head. Just knowing that is refreshing, right?

Looking at how important your thoughts are, it is very crucial that you don't think of something you really do not wish to happen. Quit thinking about the possibility of losing your girlfriend or boyfriend if you do not want to lose your relationship. You need not think of how fat you will be if you don't desire to be fat. Don't think of having a heart attack and collapsing when you are not ready to die.

Rather than give room to these thoughts that are destructive, decide to focus on thoughts that refuel you and make you feel better. Think of how loved you are, how intelligent and unique you are, or any positive thinking. You will be surprised to see how

these things begin to manifest in their little, subtle way. Your thoughts come before your emotions and actions, and it is what you think that often determines how you will feel and act.

Looking at how significant it is for you to learn to become the master of your thoughts - this is essential for a better life - you must become more conscious of your Mental Plane thoughts. This book contains the information you need to direct your thoughts and master your Mental Plane mind for more output of positive thinking and feeling into your Physical Plane world.

I have sent this manuscript to you for your new NOW support. Please respect the use of my material, sent to target your living in the NOW needs. Thank you for being in my NOW.

Happy NOW,

PJ Zito

*Living
in the
Now*

CHAPTER 1

THE POWER OF YOUR MIND



Chapter 1: The Power of Your Mental Plane (Mind)

Mental Plane mastery is your best strength. You can have control of your mind power, and, based on what your mindset is, you can create obstacles or opportunities, unhappiness or happiness, failure, or success when you blend in your imagination with your mind's true power. Your reality is affected by your thoughts because of how powerful they are when they mix with your emotions. With focus, they become very potent and serve as the main influence for creating your Physical Plane world.

Virtually all the things that happen in your life are caused by the thoughts running in your Mental Plane (mind) and your predominant thoughts are responsible for shaping your Physical Plane reality. They affect your reactions and actions, and they have a major influence on your attitude and behavior.

Massive changes in your Physical Plane can be created by the powerful thoughts playing in your Mental Plane. Weaker thoughts that you don't pay much attention to barely leave any

effect. Your thoughts, your mental images, and your attention are what make up your Mental Plane mind power. Your mind and thoughts are as powerful and invisible as the wind, and your Physical Plane reality is strongly affected by these invisible and subtle thoughts because our thoughts carry enormous energy. You must understand that your life is just as your thoughts are. Your body believes what your mind tells it.

The Creative Power of Thoughts

Take a deep breath and imagine that your mind is a screen; a screen that displays a video, and this video is your thoughts. Know that the kind of experiences you have and the way your life turns out is determined by what you choose to play in that video. You have the capacity to influence the minds of other people with your mind power and you can use it to foster change in your life. Mental Plane power can also be trained and strengthened.

In the law of attraction and creative visualization, you can see the significant role played by your Mental Plane power. Think of it as seeds. Before they can blossom to reveal their beauty, you need to apply care, like good soil, water, and fertilizers.

Your thoughts have the potential of experiencing massive growth if you give them proper care and attention. They can manifest in your life and become more powerful because they are like seeds. What makes your thoughts strong and indomitable is your enthusiasm, interest, and attention. A thought is powerless when you show no interest in it. It is particularly important that you pay close attention to what you think because the life of some people, and even yours, can be affected by powerful thoughts. Your subconscious mind is strongly affected by your thoughts, and this goes further to impact your actions.

When Does This Power Manifest?

Your thoughts have the potential of coming true and their manifestation is usually ushered in by repetitions. You can think of it more like practical daydreaming. For you to utilize and harness the power of thoughts, here are the things you must do:

- Whatever it is that you desire to achieve, relish the visuals by using your imagination.
- The next step is to be incredibly detailed about this mental scene. Think of the scent, sound, color, and any other thing that can help you add life to it.
- Now, have the belief that this thought of yours will come to manifestation one day and never stop visualizing it.

One of the things we do not know about our subconscious mind is that it doesn't separate imaginary experiences from real experiences because all the mental pictures you feed it will be accepted as real ones. Consequential to that, it's best that you use this to your advantage, let your subconscious mind's images roll with reality, and use this to receive opportunities and make some laudable and worthwhile changes. You will be surprised that in a natural way, your frequently visualized objects, situations, and actions will happen.



Nevertheless, you should know that your attention, time, and how fervent you are with your thought determine the

manifestation of this reality because it just doesn't happen overnight. The beautiful thing about this Mental Plane mind power is that it becomes a driving force prompting you to become more aligned with what you seek. You can always use it for virtually anything, ranging from changing circumstances and improving health and relationships to building a business, promotions at work, acquiring possessions, attracting money, and building helpful skills and habits. Happy NOW!

As it is, it's very significant that you do your best to repel negative thoughts. Be very careful about what you think about. Know that your success or failure is largely determined by your imagination and thoughts, and you have to become more conscious about how your thoughts affect your life by paying more attention to them. Additionally, you should also know that you wield the power to naturally harness this mental force when you have a full grip on your thoughts and visualizations.

Three Reasons Why You Must Learn to Manage Your Thoughts

1. For your Physical Well-being

A healthy mind is a healthy body. If your thinking pattern is not okay, your Physical Plane body's well-being is in danger, and if

your Physical Plane well-being is left unattended to, your thoughts are vulnerable too. When your body and mind function perfectly well, you can say that you have good health.

To promote healthy thoughts, you need to give your brain the rest it needs by making sure that you get adequate sleep. You can also enjoy a sense of peace and calm your mind by practicing mindfulness. Eating healthily also works. You will realize how effective your mind control is when you are free from stress. Make sure you welcome healthy ideas that help you de-stress and keep both your mind and body in good shape.

2. For your Emotional Contentment

For you to enjoy better control of your Mental Plane mind and thoughts to not feel powerless against your thoughts, and to be more disciplined, you must prioritize having a healthy mind. Negative and problematic thoughts tend to intensify tensions and challenges and block you from thinking positively as they get you agitated. You will NOW be able to handle conflicts effectively and make proper decisions because you are emotionally calm and mature.

3. For your Self-control

To enjoy self-control, you need Mental Plane mind control. There is no need for any back-and-forth over this because self-

control and mind control are Physical and Mental Plane balance. Given that your body receives a command from your mind, you must be observant of the roles these two play interdependently. You can become more conscious of the things you do and how it affects those close to you when you exert more self-care first time to focus on controlling your mind, your endless self-talk, and your millions of thoughts.

CHAPTER 2

WHY YOUR PERCEPTION IS YOUR REALITY



Chapter 2: Why Your Perception is Your Reality

How we experience life is significantly impacted by our perceptions and this perception is what makes some people see the glass as half-empty while others perceive it to be half-full. According to a spiritual relationship life coach, and psychologist, Linda Humphreys, the experience we have in our reality is influenced, shaped, and molded by our perception. Most of the time, our perception is not usually the fact, even though it can feel very real. However, these perceptions are powerful enough that we can use them to create our realities because we are so convinced of their accuracy.

The beautiful thing about perception power is that the power is right in your hands, and you always have the ability to decide how you see things. NOW, you can even change your perception.

However, it takes effort to manage your perception. The decisions you make and the emotions you feel are influenced by how you perceive the world. Your perception is your reality.

The Good and the Ugly of Perception

Your life's experience and your personal reality are significantly impacted and created by the perception you hold about others, life in general, your life, and how you see yourself. It's important for you to know that all areas of our lives are massively influenced by our perceptions, and this is one of the reasons why people are often encouraged to be "open-minded" or "perceptive" so that if they have a weakening perception, it will be easier for them to adjust, given how powerful our perceptions are.



There is a high likelihood that you will enjoy a happier existence if you are positive about how you perceive things because your life's experience and its quality are affected by your perceptions. Perceptions also cut across your relationships. For instance, you have a high likelihood of reacting in a victim-like, negative, combative, and defensive way if you hold the perception that people around you such as your siblings, your parents, your colleagues, and/or your boss are always against you.

To enjoy great levels of joy and inner peace, you need to perceive people positively. But on the other hand, you are prone to feeling very agitated, disturbed, and intensely unhappy if you perceive people negatively.

For example, let's say you just started at a new workplace. There is a colleague opposite you who doesn't smile, and he is always remarkably busy on the computer. If you are quick to conclude, perceive, and let yourself believe that he is a peevish guy who cares less about his colleagues, then it is likely that you will not have a positive relationship with him. But, if you think on the positive side that maybe he's intensely occupied with lots of things to do and he is probably not having a great time, then you could chill and let him have his time for NOW.

Do you know that a lot of people miss out on valuable and gratifying things in life because they permit their previous negative experiences to let them misperceive certain situations? In the same manner, people may let fear make them perceive some things as bad, when these things are not actually bad. When fear is the bedrock of your perception, you will end up missing out on a lot of things because you will label them as dangerous when in reality, they are not dangerous.

Six Tips to Switch to a More Positive Perception of Life

1. Take Personal Responsibility

For you to start seeing yourself, things, events, and people from a better perspective, you need to start taking responsibility. Taking responsibility is the first self-care step for switching to a more positive perception in life.

2. Be Compassionate to Yourself and Others

We are living in a world that is fast becoming a jungle. One attitude that is swiftly becoming extinct is empathy. Many, in their struggle to become who they want to be, are becoming less empathetic and compassionate. They're neither compassionate to themselves nor others. While this could indeed be saddening, it takes self-compassion and compassion towards others to become more positively perceptive. When you are easy and gentle with yourself, it will become easier for you to view the world from a better angle. Your attitude can even rub off on others and encourage them to grow. So, never avoid making changes when living in the NOW and uplevel your perception powers.

3. Be willing to see Things Differently

Many people will be quick to utter the words "I am open to change" but the truth of the matter is that a lot of them aren't actually prepared to change. It takes the willingness to change, and it is this willingness that propels you to become more committed to making changes. Before we can learn and create

new perceptions, we must be willing and ready by putting self-care first. It is the secret to making each day your best.

4. Activate your Pause Button When Triggered

It's advisable that you learn to respond from a more empowered place anytime a situation, something, or someone triggers you. So, how do you respond? When these triggers happen, stay in the NOW moment, and take a few seconds to breathe. It's more like hitting a pause to find your calm in the storm. When issues happen, you don't even have to respond immediately right on the spot. Don't be shy to say that you need time to process things. Giving yourself a time out also works if you feel you cannot make a shift with just a few deep breaths.

5. Enlist Support

Most of the time, many of us find it very herculean to see how we've colored our perceptions, and we can't see these blind spots because we're so used to seeing things in a particular Mental Plane way. For you to reduce the number of mistakes you make with your perceptions and improve your perceptions, have a discussion with someone who shares a different perception compared to yours. You can even talk to a psychologist or any other professional you know. A conversation with a family member or a friend you trust who will be honest can also help you to see things clearly.

6. Look for Patterns

When it comes to the way we see things, I have my pattern and you have your pattern. Yes, we all have patterns. If you want to be conscious of these patterns; their similarities and disparities with others, you can make an honest assessment with other independent, objective people.

Because you're often caught up in your Mental Plane's perceptive patterns of protection, you may be missing out on a lot of things. Putting self-care first gives you time for a reality check, and you will NOW be able to notice some things you don't usually do, and you'll be opened to thinking less emotionally and more critically when you work on this assessment. Journal work reveals your real NOW and opens you to hearing what your true self whispers.

CHAPTER 3

THE LINK BETWEEN
THOUGHTS, EMOTIONS,
AND BEHAVIOR



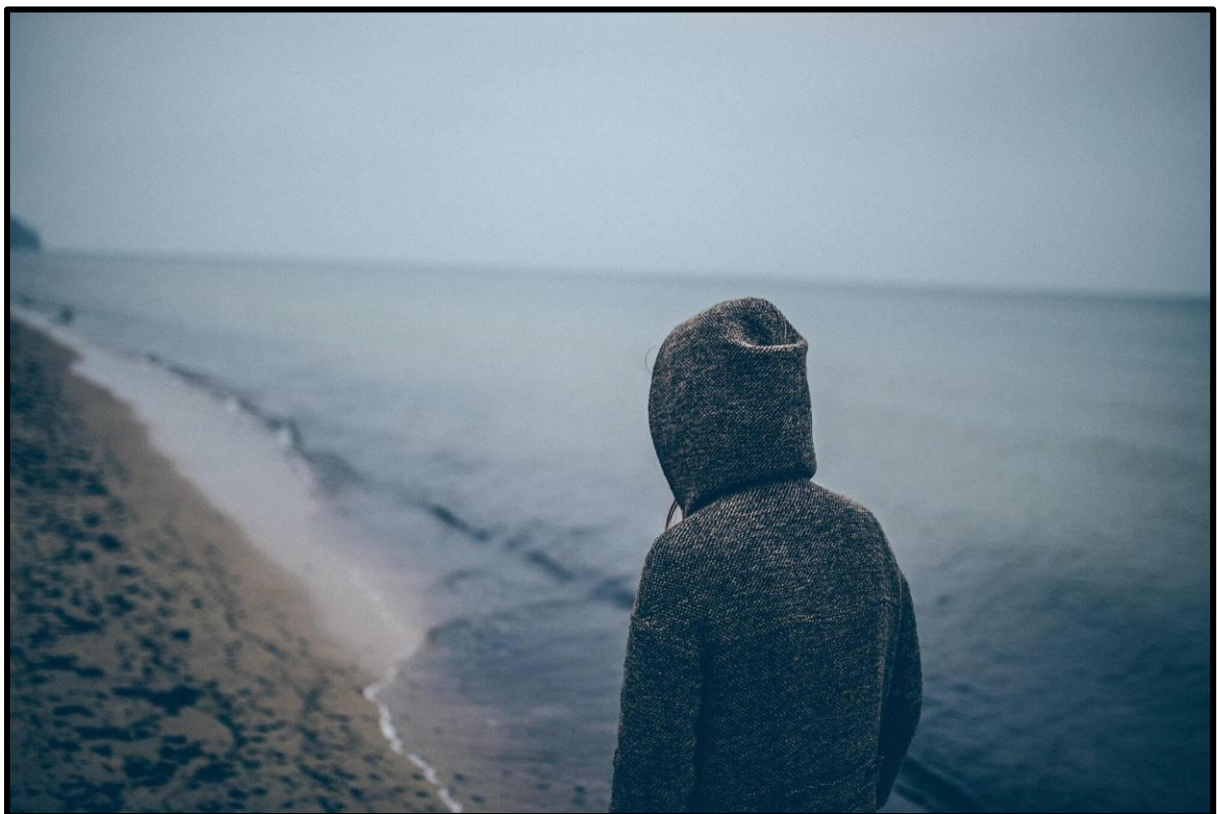
Chapter 3: The Link Between Thoughts, Emotions, and Behavior

The truth of the matter about thoughts is that they're powerless in and of themselves. Yes, you heard that right. While it's a fact that our Mental Plane thoughts are of course powerless, what makes them powerful is when we begin to give them enormous attention. It is in this attention that we give them that our thoughts then begin to appear as our reality.

Our thoughts, emotions, and behavior are well-linked and it's more like a chain. Our behavior is influenced by our emotions. These emotions themselves are also influenced by our thoughts. For instance, when you start engaging in a particular thought, you're likely to start feeling an emotion, and this feeling you have can and will influence your actions.

A clearer example is if you're constantly thinking you'll fail. When you start giving this thought a lot of attention, you'll begin

to feel depressed, discouraged, anxious, worthless, gloomy, and unmotivated. Consequential to these emotions, your Physical Plane body language will not project confidence and your reactions will tell more of it. Now, let's think of the opposite. Let's assume that you're ruminating over success and as this constant thought of success lingers in your mind, you'll find yourself in a very positive emotional state and enjoy improved confidence. Your Physical Plane body expressions will read energy and confidence because your body believes what your mind tells it.



As your thoughts pave the way to your emotions and your emotions bring forth your reactions, your reality steps in and this is simply because your actions and your behaviors define your

life's experience and mirror who you are. Your reactions, your behavior are rooted in your thoughts. So, what you think about constantly affects how you feel, and we give our reactions based on our feelings or emotions. With this, it's safe to say that what we think is what we experience because our experiences are created by our thoughts.

We do live in a world of thought because the thoughts we commit ourselves to are the brain behind how our body reacts and how we feel (our emotions). Seeing how important our thoughts are and the gigantic role they play in determining the quality of our lives, we must learn to be "thoughtful" and become more conscious of what we think and practice positive thinking.

Your Thoughts and Your Beliefs

The way you think, specifically, is your thought pattern, and your beliefs are reinforced by this pattern. What helps us to form new NOW habits and rewire the Mental Plane brain is repetition. There is a high likelihood that you'll keep doing something repeatedly when you keep doing it over and over on purpose. This persistent and recurring self-care first action is what I call living in a new NOW. You NOW have full control.

Note that emotion is triggered by the chemical reaction in the brain, created by each thought we experience, and our body reacts specifically when it receives this signal from the new circuit created when we have an engagement with this thought. You're bound to keep living the same experiences, perform the usual reactions, and produce the old NOW emotions if you continue to think those old NOW usual thoughts. The reality we experience and who we are is defined by our beliefs and our beliefs are reinforced by our Mental Plane thought patterns.

If you're a religious person, particularly a Christian, you'll definitely affirm that thoughts are indeed powerful because the Bible refers to it in Proverbs 23:7 (KJV) that "For as he thinketh in his heart, so is he". Your belief is reaffirmed by your thoughts. If you think well of yourself, you'll enjoy the positive result of thinking good things, and if you think otherwise, you will also reap the results. You always must choose.

Tips to Think Positively

1. Spend Time with Positive People.

You are likely to become more negative when you spend time with people who have nothing good to say but to complain. In the same manner, your positive thinking is likely to be fostered when

you spend more time with family members and friends who are optimistic. It is difficult for you to be positive when you are engulfed by negative people, and this is why you must be very cautious of the people you hang out with.

I encourage you to consider joining our private Facebook group!
www.facebook.com/groups/LivingInTheNowChampions

2. Be Responsible for Your Behavior.

Your behavior is your responsibility. Accept the role you play in it. Choose not to be the victim when you are facing some challenges. You will not blame others unfairly and you will be able to live in the NOW when you accept responsibility.

3. Contribute to the Community.

Your positive thinking can be greatly enhanced when you see yourself busy being in the world in a different way, helping others. Whichever way works for you, give back to the community by participating in volunteering opportunities. Focusing on what you must give is a wonderful way to feel good about who you are. Self-care first reveals your amazing new NOW, and you alone have the power to give from within.

4. Read Positive and Inspirational Materials.

This world can be hard at times, and it is so easy to slip into negative thinking. You can always schedule retreat within time to take advantage of inspirational quotes, original music videos, or spiritual materials available [on my website](#). Resources to help you find your new NOW strength to keep your new NOW promises to yourself. (<https://www.zitoprohealth.com>)

5. Recognize and Replace Negative Thoughts.

A wonderful way to delete negative thoughts is by being aware of them. When you are aware of these perturbing thoughts, you can then take action to replace them with positive ones. Frequent negative thoughts can be very harmful, and it is not a good thing to be plagued by returning old NOW Mental Plane chatter.

6. Establish and Work Toward Goals.

Gauging your progress and making decisions will be extremely hard if you don't have clear goals. However, you will be encouraged to conquer obstacles with the motivation given to you by the goal you have set while creating the new NOW you are working to enjoy.

7. Create a Daily Gratitude List.

Positive thinking can be encouraged when you practice gratitude. Gratitude naturally helps you focus on the positive and

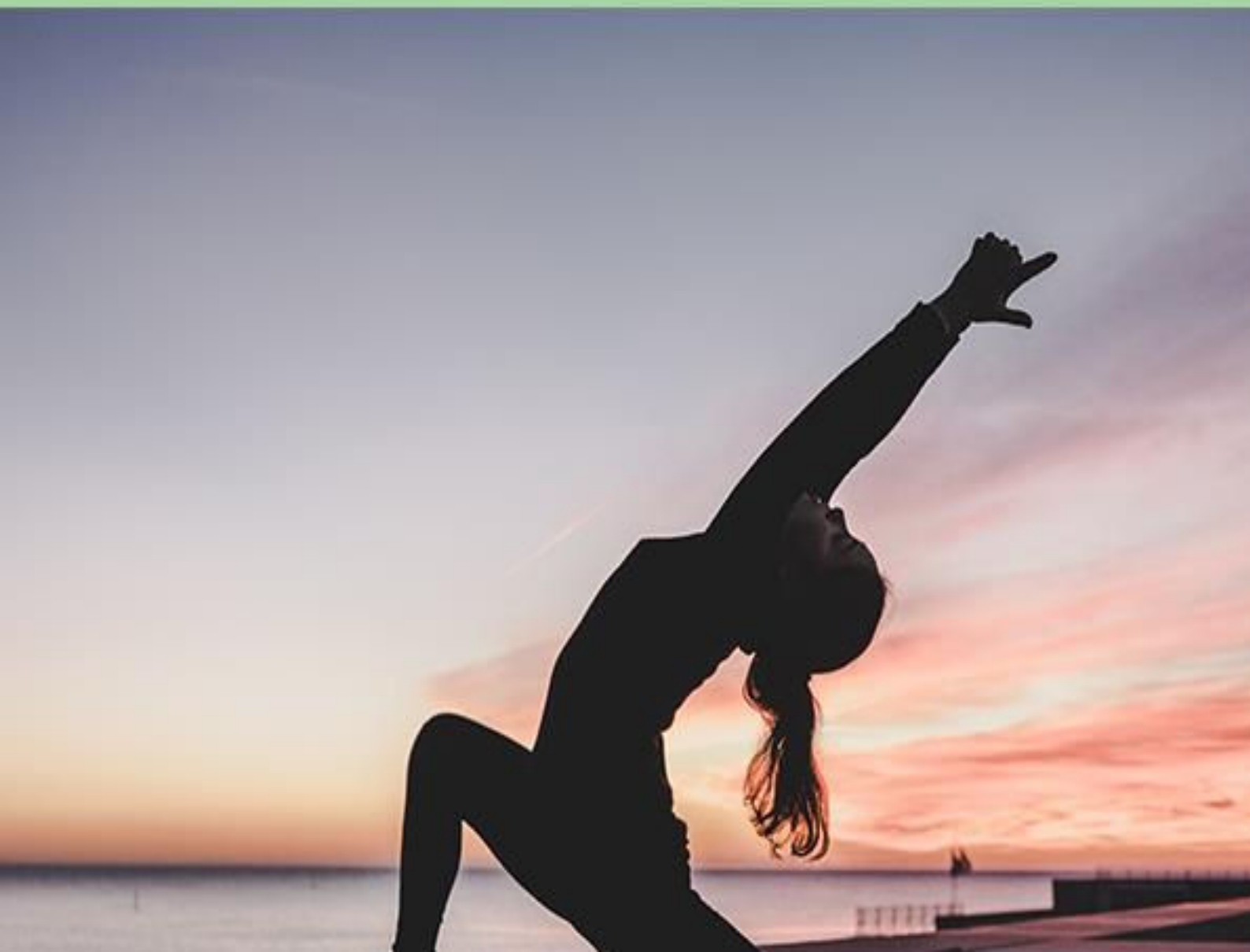
when you commence this journey, you will get to see how blessed you are. Spiritual Plane abundance is and always has been yours.

8. Practice Self-Care.

Take care of yourself first. If you are not in decent shape, be it physically, mentally, or emotionally, it will be difficult for you to think positively. So, do well to manage your stress by having specific times and routines in place to hold yourself accountable. Make wise choices to exercise, to spend time in self-care. Journal consistently, create a new NOW that is abundant, sleep well, and eat healthily on purpose. I have penned my name to over 20 books, journals, planners, trackers, handbooks, and even a cookbook to support you on your new NOW journey. You will make a new NOW to last a lifetime because you are not doing the self-work alone. We are all companions on the journey and have made wise choices to put self-care first.

CHAPTER 4

HOW TO STOP RACING THOUGHTS



Chapter 4: How to Stop Racing Thoughts

Racing thoughts have the potential of impacting your new NOW awareness, disrupting your sleeping pattern, slowing down your focus and concentration, and they can be very difficult to shut down. These old NOW Mental Plane thoughts usually come in rapid succession. They are intrusively persistent and consistent. Racing thoughts are directly connected with anxiety and depression and here are their major characteristics:

- They occur as several thoughts at once and come in rapid succession
- They usher in a sense of impending worry or doom and tend to degenerate into painstaking contemplation
- They can inhibit your capacity to focus on necessary tasks
- You will often feel like you are being controlled by these thoughts
- You can neither control nor turn them off

While depression and anxiety are regarded to be the major causes of these thoughts, diverse kinds of behavioral health conditions are also connected to these overwhelming and powerful thoughts. Racing thoughts are likely to escalate, and

they may emanate from a phobia, a humiliating moment, or financial matters. Racing thoughts may be associated with several distinct lines of thought, or they may focus on a single topic. You're likely to have any of these feelings when you have racing thoughts:

- You start to think of worst-case scenarios, or you start catastrophizing
- A problem that has gone beyond the usual normal is what you keep thinking about
- You find it very herculean to focus on anything else
- You find it very challenging to fully relax and your Mental Plane mind just can't "shut off"
- You are unable to slow down your thoughts
- It feels like your mind is going a mile a minute

Many people who find it difficult to slow down their thoughts at night may find it challenging to fall asleep and this is just an example of how much power our thoughts wield; how they can either make or break us.

I have authored an entire book on this critical issue because I had these exact struggles when I was forced to retire after twenty-seven years of teaching. My Reading Intervention Specialist position lost state funding and I was taken from small group

sessions to being in a full-time teaching position. I retired because the pressures and demands were just too much. I wasn't sure why that happened or how I was going to deal with the change, but I did it because I trusted that there was a greater plan unfolding with infinite possibilities I did not yet understand. I trusted my true self-searching enough to look into the eyes and heart of my true self and surrender to explore more. It took seven years of self-care first retreat within work as I went through fifty years of journals to master my Mental Plane self-talk. The mind is so very powerful! I needed to study it and move forward into my new NOW.

So, yes, it's time to take care of Y-O-U. Let this book support you in focusing on the little things that take over your Mental Plane mind's self-talk. That is what puts stress and anxiety issues into your Physical Plane world. Your body believes what your mind tells it.

With this deep dive into understanding issues of anxiety and stress, you will identify ripples of influence that are holding you back from living in the NOW, enjoying every moment of your extraordinary life.

Hanging out with your best friend, your true self, is living in the NOW on purpose. "From Fear to Freedom: How to Break the

Grip of Anxiety & Live in the NOW” is factual, informative, and supportive. I highly recommend it:

<http://tinyurl.com/From-Fear-To-Freedom-Paperback>

Causes of Racing Thoughts

Racing thoughts are caused by a handful of other conditions, although anxiety is the most common causative factor. Chaos and overwhelm demand new NOW self-work.

Anxiety

Racing thoughts can happen before or after an anxiety attack and it's quite common for people who have an anxiety attack to experience racing thoughts.

ADHD

People who have ADHD find it exceedingly difficult to focus on a single train of thought. This focus is like a struggle, and it's called wandering thoughts. More so, people who are over-occupied with external stimuli and couldn't "find their attention" may also suffer from racing thoughts. A pattern of hyperactivity and inattention is what describes ADHD, and this acronym stands for attention deficit hyperactivity disorder.

Obsessive-compulsive Disorder

You have probably heard of OCD before because this is gradually becoming one of the key issues faced by many individuals. People who have this disorder find it ridiculously hard to shake off some compulsions or obsessions they experience. This mental health condition, OCD, obsessive-compulsive disorder, can turn any

moment into racing thoughts where the person finds himself or herself plunged in a perpetual worry over a single thought.

Bipolar Disorder

People who have bipolar disorder are regarded to be people who find it difficult to manage their emotions and consequentially, they tend to find themselves in a depressed state because of their inability to manage their emotional highs which can be extremely high. This emotional disorder, bipolar disorder, can also have racing thoughts as one of its troubling partners, where the person finds it difficult to get over why he or she is the way he is, or she is.

Agitated Depression

You must have thought depression is just depression, right? Well, this kind of depression is like a serious kind of depression and it's an outdated term. Nevertheless, this kind of depression shows the common signs of all other kinds of depression, and it embodies feeling agitated. People who have this kind of depression are very prone to experiencing racing thoughts because they may tend to quickly react due to their perpetual anger and feeling of restlessness.

Medication Side Effect

The side effects of some medications can pave the path for racing thoughts. For instance, racing thoughts can be triggered by agitated depression when the medications utilized in the treatment of a bipolar disorder, anxiety, or depression result in exacerbating the medical issue. It is often recommended that you make efforts to adjust your dosage or try a new medication by calling your doctor first when you start experiencing racing thoughts after starting a new medication. Do not ignore symptoms of any kind. Listen to your Physical Plane and take self-care steps immediately.

Ways to Stop Racing Thoughts

If you're looking for easy ways to reduce the occurrence of racing thoughts and control them, here are a couple of simple tips:

1. Focus on NOW

Let the past and the future stay for NOW. It is the new NOW present moment that should be your focus. We can never change the past, regardless of how much we think about it, and we don't even have much power over the future. We can only do our best and leave the rest. Most people who experience racing thoughts are often clouded with things that could happen. Many which are even likely not to happen. A good place to start barring these thoughts is by telling yourself that you'll focus on what you can control, and you refuse to worry over the future or the past.

2. Take Deep Breaths

When our Mental Plane mind starts racing, our breathing rate increases as a natural panic response from the Physical Plane body. An effective way to stop racing thoughts to quiet your mind and feel calm is by taking slow, deep breaths. You can practice deep breathing, pausing, focusing, relaxing, and trusting your NOW.

3. Think of Your Other Options

Building up an alternative “disaster” with options for change can help you out, should you start imagining a worst-case scenario due to the racing thoughts. Rather than thinking of the worst that can happen, obliged to think about more desirable alternatives that are likely to happen. Staying in your perfect NOW will turn everything into the truth where you can deal with it.

4. Use Mantras

If you are experiencing racing thoughts and you find yourself panicking, mantras can be very helpful. They can help you calm your Mental Plane mind and all you must do is keep repeating them. These easy phrases and simple words are positive self-statements called mantras and they can help to turn your mind away from racing thoughts. Write them. Post them. Say them.

5. Try Distractions

You will be able to focus on a positive thought and even quiet your mind when you engage in a favorite hobby. You can choose to listen to some music, watch a movie, engage in an outdoor activity, take a walk, play an instrument, sing, cook, or even paint. It is all about your preference.

6. Exercise

You can easily settle your mind by jogging, walking, or doing any other exercise whenever you see signs that you are about to have

racing thoughts, or you are already in the process. Exercises are very helpful for both your Mental and Physical Plane health.

CHAPTER 5

HOW TO STOP WORRYING ABOUT THE FUTURE



Chapter 5: How to Stop Worrying About the Future

It's very necessary that you learn to stop worrying. Worrying does a lot of damage to your body, your work, your relationships, and everything about you in general. If your mood or your productivity are constantly interrupted by your worry about the future, or you just can't sleep because you're so worried about something that hasn't even happened yet, then you seriously need to practice some helpful techniques to solve your Mental Plane self-talk - worrying problem.

For important things, people, and events, we're very likely to worry. We all worry about a few things, especially things that really matter to us a lot. Even though it's a normal thing to worry, we must note that our energy and time are perpetually getting wasted by worries. We worry too much over something we're not so sure will happen or something that we don't even have the power to change if it eventually happens. During self-care time, we retreat within and learn to manage our worries effectively. Self-care first is the secret to making each day your best.



How Worrying Wastes Time and Energy

Leo F. Buscaglia once said that worry gladly steals your today's joy but will never take away the sorrows of your tomorrow and this is really true. For you to be able to harness techniques to stop worrying, you first need to create awareness because being aware, in the NOW moment, is a crucial step in managing worry.

Now, what do you "gain" when you constantly worry about the future?

- You give path for a vicious cycle of more worry

- You get taken to a "distorted place" in your mind and you actually don't get to a place of reassurance as you might have expected
- You experience poor mood, and you expel your energy on this joy-crusher
- When your energy is low, worry will come knocking and you'll become very weak to resist its urge and allow it to gain access to suck what little energy you still have
- You become blind to the opportunities that you're supposed to enjoy and handling your to-do list becomes an extremely difficult task, of which you may turn to some "negative help"
- Your valuable time and mental capacity are drained and wasted on what is not real.

Ideas on How to Stop Worrying

1. Practice Mindfulness

Mindfulness helps you calm your mind. It can help you regain control of your thoughts and emotions. You can pull yourself into the present NOW moment with mindfulness and free yourself from the shackles of "what will happen tomorrow" or "how tomorrow will be".

2. Do Deep Breathing

Do you know that your breathing rate changes rapidly whenever you're anxious? If you don't know, try to be conscious of this whenever you feel anxious and get worried. Chronic worry does nothing good for the body. Beware of it. To get out of worry mode and rapidly slow down your anxious thoughts to feel more relaxed, practice deep breathing. Change your NOW on purpose.

3. Express Extra Gratitude

Gratitude helps you bask in positive feelings and thoughts but worry does the exact opposite of this. Whenever you have a few minutes to spare, practice gratitude. You can do it anytime and anywhere. If you feel worried, just take up your pen and start listing the things you're grateful for and you'll be surprised to see how it will shine a positive light in your soul. Try it, it works like magic! A grateful heart is a happy heart.

4. Lean Into “What Ifs”

Worry often slides in our thoughts with "what if... I collapse... I fail..." and the like. In the same way, use the "What if" to counter it. While you're thinking of "What if I end up being broke and/or broken?" replace it "What if I eventually find happiness and get all the things that my heart wants?". It's actually not that hard. Give it a try and immerse yourself constantly in this exercise.

5. Take Back Control

There are many things that we can actually do something about. NOW, instead of letting these things make us worry, we can step up to do something about gaining control. Why worry over a problem you can fix? Okay, the deed has happened but there is a solution. What should you rather think of? I would definitely go for the solution and think less of the problem. Whatever it is that worries you and you can control, focus on working to fix them.

6. Tighten and Release

Progressive Muscle Relaxation is another simple technique that can be used to create body awareness and deflate worry intensity. Before you release all your muscles, hold them, and keep them tight for a few seconds. Make sure that you tighten all the

muscles in your body. You can use this tightness technique often to relax. Tighten first and then release.

7. Write or Talk It Out

There is this adage that "when you're silent, your problem stays silent with you". Trust me, nothing eats you up and consumes you faster like a pain you cannot share with anyone. To diminish worry, getting it out of your head might be the best method for you. If you prefer to write, scribble it down somewhere, and when you are done, trash it.

You can always talk about your emotions and worries with a trusted professional, a coach, a mentor, a family member, or a friend. If you have a spouse who always listens and you're extremely comfortable with that person, you can also talk to him or her. You'll be exposed to better awareness and enjoy more clarity when you write or talk about your worry. Remain open.

Tips to Stop Overthinking

Overthinking is like a sub-type of worry and many of us engage in this act. To stop overthinking, here are a few things you can do.

1. See Your Community or the World

Holiday can make you happy and traveling is a nice distraction. If you do not have the financial command to plan a trip to go backpacking in Europe or buy that plane ticket to the place you've always dreamed of, there are some places around you that are available to be explored. You can participate in a local tourist attraction, take a staycation, spend a night at a local guesthouse, or explore your community.

2. Don't Believe Every Thought

You're not to believe everything your mind tells you, especially the old NOW negative thoughts that can try to coax their way in.

3. Don't Sweat the Small Stuff

Why think too much over the little things? Is it necessary anyway? Let things flow and stop taking everything to heart.

4. Go Easy on Yourself

Stop killing yourself over trying to be perfect. Cut yourself some slack, let go of your worries, live in your perfect NOW moment, and take baby steps in your approach to let your worries go.

5. Take a Picture

Pictures help you build memories, they promote mindfulness, distract you, and reduce stress. Nature and landscape photography work more.

6. Get Your Hands Dirty

If you think too much and you want to find balance and enjoy a healthy sense of control, gardening can help you a lot and it's an avenue to dig your worries away.

7. Listen to Music

If you love music, then don't hesitate to blast your favorite tunes. Music gives your memory a boost, reduces stress, and can help to improve your concentration. Uplifting, positive tunes can increase your joy and motivate you to be grateful for every NOW moment. Head over to ZitoProHealth.com/free for resources, videos, blogs, and many of my original music videos.

Be happy NOW.

CHAPTER 6

HOW TO STOP
NEGATIVE
THOUGHTS



Chapter 6: How to stop Negative Thoughts

Negative thinking is becoming more common, and many people go through this virtually every day. Given how negative thinking is rampant, it's very essential that we learn to become more conscious of what negative thoughts are, their origin, and things to do or steps to take to overcome them.

The continual adoption of negative thinking makes us slip into sadness, worry, and enormous stress as we are often blinded from seeing things on the positive side, focusing on what could go wrong. People adopt pessimistic points of view because of negative thoughts and these thoughts can limit us and make us become our own worst enemy.

What Causes Negative Thoughts?

Negative thoughts don't just happen, there's usually something behind them. Well, some people may record that they experience negative thoughts spontaneously but, in most cases, there's often

a factor behind these limiting and self-sabotaging thoughts. For you to be able to deal with negative thinking effectively, you must first understand your triggers and it's after you've come to a better understanding that you can proceed to start taking needful actions.

Mental Health Conditions

If you are diagnosed with generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), depression, or any other associated mental health conditions, you are likely to be vulnerable to negative thinking. Yes, people experience negative thoughts for varied reasons and people with mental health issues are advised to get medical advice by contacting a mental health service provider.

Rumination

Rumination is when you keep pondering over a thing consistently. You start replaying these thoughts repeatedly and, before you know, negative thoughts will slide in. Of course, it is natural to feel down or sad at times but staying glued to your gloomy state can impair your thinking ability, intensify depression, and take a toll on your mental health.

The Cortisol Effect

Every human needs cortisol. This hormone is necessary for proper growth. It works in diverse ways in our body, and it is usually released whenever we are stressed. However, even though this hormone is especially important, the body must not release too much of it or too little. Note that your cortisol levels will start to overload when you keep putting your Physical Plane body and Mental Plane mind in high-stress situations.

Holding on to Fears and Regrets

A few people tend to find themselves swimming in an ocean of negative thoughts due to these major reasons: fear of the future, anxiety about the present, and regret about the past. Many people are so scared of what the future holds that they can't even live in the present.

They tend to think of the worst things that could go wrong like a disaster or losing their job or marriage. This fear of the unknown often opens the door to negative thinking. It kills slowly and hinders you from enjoying what the present NOW has to offer. There are some people who are anxious about the present because they are always under pressure to please others.

If you don't want to be vulnerable to negative thoughts, you must get yourself out of any toxic environment or relationship that can

trap you in worrying if you are doing enough. This can sap your peace and steal your NOW.

There are some people who can't stop thinking of their misdeeds in the past and how they could have easily avoided them. The truth of the matter is that we all have done some things in the past that we are not so proud of. If you keep dwelling on your past failures and mistakes, you are only opening the doors for more negative thinking. The past teaches us wisdom. The past has brought you here, NOW, so it was all necessary.

Five Common Negative Thoughts and How to Get Rid of Them

Dealing with negative thoughts is essential because if you don't deal with them, you may be left with severe health issues to deal with. Here are some of the common negative thoughts we often think of and how we can retreat within to face them.

1. I am not Good Enough

What makes people think they are not good enough is typically low self-esteem and this thinking will keep you drowning in pity and self-doubt. You will believe that you have no value and think that you are not worthy of anything good in this life. So, how can you change this thinking? Start practicing putting self-care first. Understand self-love. Let your attention be on the things you love the most and keep telling yourself that you are worth all the good things in life. Your Spiritual Plane abundance is always and has always been there for the taking. Tap your universal NOW.

2. I Can't do it

This negative thought is a very limiting one. You are right if you think you can't or you can because your mind and brain get the message that you can't when you say you can't and wouldn't even want to step up to do what you have already concluded to be impossible. Rather than saying you can't, get the motivation

boost you need and summon your courage to take a step toward achieving your goals and believe in your abilities. Tell yourself that you can achieve whatever it is that you put your attention to.

3. I'm not as Lucky as Other People

Especially if you are not born into privilege or you have always felt you have bad luck, this thought can be very devastating. Believe that good things can happen to you too and shift your focus away from the luck that others have. Just do your best and leave the rest.

4. I Don't Think I'll Ever...

This negative thought is self-limiting, and it sabotages the opportunities you should enjoy. Nevertheless, work on building confidence by nourishing your brain with positive thoughts, even when it seems like your confidence is far away.

5. Nobody Cares

Feeling that nobody cares isn't a nice thing. This thought is often based on assumptions, and it can make you slip into a miserable state. Rather than think that nobody cares about you, open yourself to accept the love that your loved ones have been willing to give you and keep reminding yourself that there are people in this world who care about you a lot. Being involved in other people's lives can expand their world and your world. Spending

time in self-care will balance your Mental and Physical Planes to reveal the abundance of your Spiritual Plane where your NOW is perfect, and your awareness is refreshing.

Chapter 7: How to Control Your Thoughts and be the Master of Your Mind

To influence the way you live your life, you must learn to control your thoughts. For you to enjoy living in the NOW, the most powerful tool you can reckon with is your Mental Plane mind. As much as this tool is powerful, it can also be very destructive if you don't make use of it in a positive way. How you interpret your reality is influenced by your perceptions and these perceptions are rooted in your thoughts or in your mind.

Humans think of about 70,000 thoughts a day. If you already know this, you can see how wasteful it can be if all these thoughts go into self-abusive and unproductive thinking. On the other hand, imagine how beneficial it would be if they were well-channeled positively!

Choosing to take control of your Mental Plane mind and seizing the power within one of the best decisions you can make.

Remember that it is *your* thoughts and *your* mind. You don't have to permit your thoughts to wander on the wrong side.

You can decide to be the master of your mind, control your thoughts, and be more conscious of your thoughts. Realize that you will quickly enjoy an astonishing level of peace in your Mental Plane mind when you are able to eliminate the triggers of your negative and limiting thoughts, change your feelings, change your thoughts, and ultimately become the master of your own mind and your perfect new NOW life.

Who is Thinking my Thoughts? [OBJ]

Your mind is like a beautiful and inviting space that accommodates an array of unwanted “squatters” and these squatters stand as if they are in charge of your thoughts, and you might be left at their mercy. For you to be able to become the master of your mind, it's important that you identify these squatters so that you can know the appropriate steps to take to deal with them.



Unproductive and unhealthy thoughts are created by these four squatters that are taking shelter in your space.

1. The Inner Critic

This squatter is characterized by a lack of self-love and a lack of self-acceptance, and it further draws its motivation from low self-esteem and pain. It aids in wrongly interpreting painful experiences and makes you not want to spend enough self-care first time with yourself so that all you do is compare yourself to others.

You are quick to be down due to the words of other people and this "critic within" derives pleasure in opening doors of abuse for you. Your body believes what your mind tells it.

2. The Worrier

Fear is what motivates this guy. This “worrier” will use your past incidents to stop you from exploring the beautiful things the present NOW and the new NOW future have in store for you. Driven by fear, the Worrier takes full pleasure in worrying, especially the irrational threads spinning in your self-talk.

3. The Troublemaker or Reactor

This guy uses all the wounds of your past that are yet to heal to trigger pain, frustration, and anger in you. Having poor impulse control and no real motivation, he can be set off by smells, sounds, feelings, or words.

4. The Sleep Depriver

The sleep depriver is the guy who loves to have other guys around with him. He would ring the worrier, the inner critic, the ruminator, the rehasher, and even the inner planner to come and chill with him, and eventually, your mind becomes very bulky, and you find it hard to sleep.

Gaining Control of Your Mind

You must first be aware of the guy who's flexing in your mind before you can take back control. Nevertheless, there are some techniques you can use to regain control, but you must first recognize who "the bad guy" really is. The first technique is that you will identify, interrupt, and replace negative self-talk so you can enjoy peace of mind. Eliminating them could be a more preferred option and that's the second technique.

Do you still remember the four squatters that were mentioned? The interrupt and replacement option would be used for the first and second. For the last two, we'll use the eliminate option.

1. For the Inner Critic

Don't forget that this guy takes a lot of pleasure in telling you unpleasant stuff like belittling who you are, disrespecting you, and even calling you different kinds of names that are not yours. When it starts its usual old NOW endless chatter, interrupt it. Use a counter thought or an affirmation to replace it because you NOW know that the truth is what sets you free to be YOU.

In your mind, whether alone or with people, you can say "Thank you for your words. You are not in control. Goodbye." Or "No, stop!" For the replacement style and for example, you simply tell

yourself that "I love and appreciate myself for my uniqueness. I am beautiful, brilliant, and magnificent!" whenever your thought is, "I'm just a miserable loser".

2. For the Worrier

There are long-term health implications associated with prolonged anxiety and this attitude is not healthy in any way. With the way you feel, you should be able to know when this guy known as the Worrier steps in.

You can experience muscle tension, shallow breathing, a surge of adrenaline, increased blood pressure or heart rate when he has arrived.

Just like the Inner Critic, you can use a positive thought and gratitude expression to interrupt and replace it. Your awareness gives you inner power. You always have the power to choose. Take some deep breaths to calm your Physical Plane and then your Mental Plane can receive positives back as a thank-you for stopping the Worrier.

3. For the Troublemaker or Reactor

For you to heal what triggers this bad boy, you'll need more attention and reflection, which will also pay off during his elimination. Reactions tend to pop up immediately, but you can initiate conscious breathing to put him into check. Remember to

try standing off to the side to watch what is actually happening from a distance. Spending time in self-care and working through things in your self-inquiry safe space, you can see your day before you step into it, and you can practice how you will respond to various situations when you are not yet in them. Retreat within times also help you stay in your perfect NOW while you are in it and that is when you are happy.

4. For the Sleep Depriver

This guy, as explained earlier, is a close associate and buddy of the Worrier, the Inner Critic, the Ruminator, and the Rehasher. If you leave him to wander in your mind, you will find it difficult to enjoy a restful and restorative night's sleep. So, what can you do? Conscious breathing, positive affirmations, and planned morning and evening routines will also help and support you to trust your new NOW as it unfolds.

CHAPTER 8

**20 SIMPLE WAYS TO
FIND PEACE OF MIND
AND INNER CALM**



Chapter 8: 20 Simple Ways to Find Peace of Mind and Inner Calm

It's very distressing to have an anxious mind and it is exhausting to be constantly worrying about Mental Plane racing thoughts. You NOW know how much you've missed inner calm and peace of mind in your new NOW, and how much you need it. The good news about all of this is that calming your Mental Plane thoughts can be easier than you once believed. There are a few simple things you can do to enjoy this inner tranquility.

1. Listen to Music

The only way this option may not work for you is if you hate music. Music can work like magic in helping you gain peace of mind instantly. Music is food for the soul, and you can always suit yourself with your preferred genre.

My published journal-type self-help book has 30 of my original songs in it. For more free information, supporting Mental and Physical Plane abundance, go to www.ZitoProHealth.com.

2. Deep Breathing

A swift and effortless way to feel calm and foster peace is retreating within, taking five long, deep breaths. Deep breathing helps you to focus, find your calm, and hear your true self whispering.

3. Go for a Walk

Particularly when the sun is smiling, getting your blood pumping can be very relaxing. Peace of mind can be supported with a simple walk in the fresh air. I am in the back half of my seventies, and I run six miles three mornings a week, and attend strength yoga classes three other mornings.

4. Enjoy Nature

Enjoying the peace and tranquility of nature can be very relaxing. You really don't know how lucky you are if you live in a place that's filled with options to immerse yourself in nature. You'll feel happier and younger when you spend time outdoors, in nature.

5. Play with a Pet

Peace of mind can be promoted, and tension can be eased with the powerful sense of touch. If you're seeking to de-stress and you have a pet, go play with him or her. At one point, I had 8 cockatiels because a couple gave us 5 eggs to hatch and support!

6. Declutter

For you to fall asleep faster and sharpen your mind, you must declutter your mind. To enjoy a clearer and more peaceful Mental Plane, do well to cultivate a clear home. Ensure you embrace frequent clear-outs, too, because many people can use your rejects. If you haven't touched it in six months, it needs to go!

7. Acceptance

Most times, we fight so many things that we cannot actually fight. We strive to control the things we do not have control over, and acceptance is all we need for peace of mind in a perfect NOW.

8. Mindfulness

Mindfulness helps you to become very conscious of your senses: smell, hearing, sight, taste, and touch, and it helps you appreciate the moment. Awareness within mindfulness assures you will not miss your abundant NOW. With mindfulness, you worry less, enjoy more, and participate more. That keeps your Mental Plane mind free and happy enough to stay mindful.

9. Self-love

Your inner peace will be heightened when you are not insecure about who you are or how you are. Regardless of the circumstances you find yourself in, self-acceptance and self-love are very important because it is “time within” that will help you find peace and stay there. You will have peace of mind at its highest level when you love yourself and make self-care a priority. Spending time with your true self helps reveal your true gifts and your unique inner power. Sharing gifts from your abundance is how you change the world while finding peace and happiness.

10. Be True to You

In a world where a lot of people are not honest, one good thing you can do to yourself is to be who you are. If you want to be another person, it is to be an improved version of who you are. To enjoy inner peace and tranquility, you must practice congruency by being true to yourself.

11. Sense of Humor

Laughter is a great remedy and a good dose of it will definitely do some good. Laughter helps you relax with hormones released and it's a fine antidote for stress. Whenever you can, laugh. Others will join you! Happy NOW.

12. Love Unconditionally

Our peace of mind is destroyed by insecurities and in the same manner, feelings of resentment and inner turmoil are created by our unmet expectations when we love conditionally. You'll be able to easily love without fear when you love unconditionally. That means your Mental and Physical Planes have let go of judgments, opinions and ego's need to be right at all cost. Living in the NOW is then available! That is Spiritual Plane abundance.

13. Go for Regular Health Checks

A healthy life is a wealthy life. Make sure you take care of yourself. Look after yourself and do the necessary things that help you stay healthy. Self-care first isn't selfish, it's necessary.

14. Take Stock

Taking stock in this sense doesn't relate to any business or trade. The idea of taking stock is for you to do a self-check.

Do you think you're on the right track?

How are your relationships?

Do you like your job?

What can you say about the quality of your life?

15. Have Goals

What is life without goals? I mean, goals are very weighty because they give us a sense of purpose and direction. So, set both short and long-term goals. This should happen during journal times.

16. Be Flexible

You don't need to be too rigid and overly serious about everything. Relax and be more flexible on purpose. Your NOW will lead you to more when you balance your Planes.

17. Live in the Moment

The past is the past and we don't know about the future, but we can bask in the present! Living in the NOW!

Why do we have to waste our energy over what we can't change or what we can't outrightly determine? The present, our NOW, is all we have and living in the present is a better decision to make compared to panicking about the future or worrying about the past.

18. Worry Less

Worry solves nothing. Think of yourself; since you have been worrying over something, has it helped you solve the problem? No. The "craziest" thing about our worries is that most of them are random nonsense that just wants to disturb our peace of mind.

19. Be Assertive

Learning to be assertive can help you find peace. Spending time in meditation gives you the confidence to go after what is right. You can practice mini meditations at any time to help you find the inner power needed to live in the NOW on purpose.

20. Speak Your Mind and Enjoy Your “Me-Time”

Only those who ask get. So, don't be shy or scared when it comes time to ask for what you want in life. More so, strive to create time to give yourself everything you need to live well and love deeply. You deserve it. The world does, too.

Conclusion

Our Mental Plane thoughts are the bedrock of our outcome, behavior, and action. Our thoughts play a huge role in what we experience in life and what our life turns out to be. Thoughts are undoubtedly huge and powerful. While they play a significant role in shaping our lives, they also influence our actions and shape our Mental Plane landscape.

Given how powerful our thoughts are, we must learn to become more conscious of them to be able to regulate them. Our mind can be very vulnerable, and we must do what we must do to keep it safe from unpleasant squatters that can mess it up and leave us miserable. We must fill our Mental Plane with desirable tenants such as joy, love, compassion, gratitude, and peace.

Our Mental Plane can either serve as a destructive or constructive purpose. Gaining control of our thoughts is very important. This will help us harness our Mental Plane mind-power to take our NOW's abundance positively and effectively into our hands where it will lead us to our ever-available Spiritual Plane awareness. That's what I call **LIVING IN THE NOW: The Secret to Making Each Day Your Best!**

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is for



informational purposes only and is not intended as medical advice. Every possible effort has been made in presenting this material. We make no warranties with respect to the accuracy, applicability of its contents or omissions.

You should know that prayers do accompany readers who retreat within to join champions on the journey. Meet us on Facebook:

www.facebook.com/groups/LivingInTheNowChampions

Find more information and lots of free resources:

ZitoProHealth.com

Take extraordinarily good care of yourself, Champion.

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Thanks for being in my NOW! Below is a list of supportive resources for you!

1. Living in the Now: *The Secret to Making Each Day Your Best* ~ 40 Days to Deeper Prayer and Greater Self-Awareness

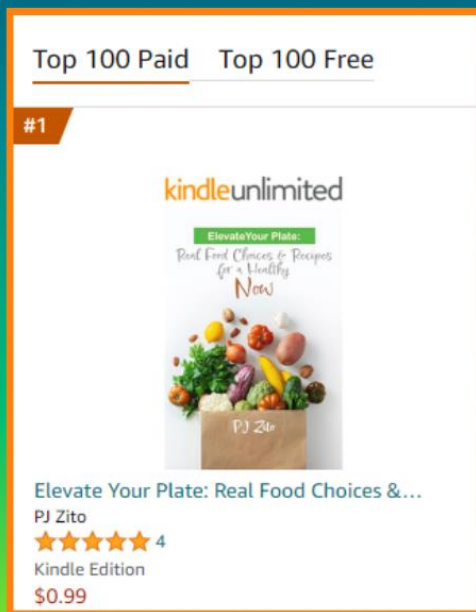
- 2. A Living in the Now Faith-Based Resource Book:** *Your Guide Through Times of Struggle for Healing Heart, Mind and Spirit.*
- 3. The Quest for Health and Happiness:** *101 Ways to Enjoy Life NOW*
- 4. My First Guided NOW Journal**
- 5. A Better Me:** *Every Day of the Year Planning for Living in the NOW*
- 6. Small Choices Create Smart Change:** *Your Success Handbook for Living in the NOW*
- 7. Getting Organized in My New NOW:** *My Daily Planning Diary for 365 Days*
- 8. The Masterpiece Companion Journal:** *Expanding Awareness on Your Self-Care Journey*
- 9. Reaching A Million Hearts:** *17 Questions Answered for Embracing Self-Care NOW*
- 10. Journal to Gratitude NOW**
- 11. From Fear to Freedom:** *How to Break the Grip of Anxiety & Live in the NOW*
- 12. 52 Weeks to Weave 52 Self-Care Habits into a New NOW**
- 13. Holistic Self-Care NOW for Lifetime Wellness:** *Transform Your Mind and Body Naturally for Optimal Health and Happiness*
- 14. The Choice to Trust:** *Face-to-Face Time with My True Self*
- 15. My Goal Setter, NOW Getter Habit Tracker**
- 16. Planning My NOW:** *I Am Creating Days with Big Results*
- 17. Healthy Gut, Happy NOW:** *How to Stay Healthy and Happy*
- 18. Mini Meditations:** *Journal the Pause to Live in the NOW*
- 19. A NOW Book About My NOW Books:** *Options for Self-Care Support*
- 20. Turning the Page:** *A Do Over Diary ~ 40 Days to Deeper Prayer and Greater Self-Awareness*
- 21. Elevate Your Plate:** *Real Food Choices & Recipes for a Healthy NOW – This book is a #1 Bestselling Book on Amazon!*
- 22. Composed for You** *Companions on the Journey*

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