

DO NOT, I SAY DO NOT

THINK OF A PINK ELEPHANT

LISA M. SMITH, Ph.D.

Do Not, I Say Do Not Think of a Pink Elephant Copyright ©
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Dedicated to
all those out there
wanting to think new, creative,
better-than-before, mind-altering
change-your-life,
so lov'in it now,
get what I want,
not what I don't want,
"Oh yea!" kinda thoughts.

You know who you are.

Or do you?

*By the way...bet you're thinking
of pink elephant right now, huh?*

Once upon a time ... interesting how all stories start with this... always living in the past...

Well, I'm changing all that....

Once upon Now....there was a girl....wait, there IS a girl...

Wow - this living in the present moment is tricky...

Let me try again. Once upon Now, there is a girl and well, that girl is me...and I am uh, urr... a dragon-slayer.

Not that I necessarily decided one day to be a dragon-slayer, after all, it's not the most glamorous or best-paid profession in the world. Seriously, who would choose

that? Uh, you are probably saying to yourself - "Dude, I'm pretty sure dragons aren't real."

Ah...keep your pants on - this story isn't over yet.

OK, honestly - we all know I DID choose who I was going to be - because we all do.

Everyday.

Each moment.

Each thought.

We choose who we are going to be.

We just aren't always aware of it.

But, I'm getting ahead of myself. Being a dragon-slayer, I'm somewhat of a wizard and well, we sort of live life backwards.

What I mean by that is, we understand that before anything happens, there's a thought that goes out to make THAT thing happen - first. Kinda like a really great movie trailer...a little glimpse of what's coming.

Think about this, next time you get on an airplane. Check the pocket in front of you. There's a barf bag in there. Yea, you probably thought it was for your gum and trash huh? See...when people first started flying - the THOUGHT of flying literally made them throw up. Wow, that would have been loads of fun, huh? But today, people get on and off planes daily - without any

THOUGHT about it...or any throwing up (yuck) about it...funny how thoughts work.

Albert Einstein, a very smart guy once said, "You can't solve a problem with the same mind that created it." Well, you can't exactly go into the store and exchange your brain for a new one, so you're going to have to change your thoughts if you do not like what you are getting or if you'd like to get more of what you are getting (that you like).

Thoughts create our world. Want a new world?

Think a new thought.

Now, allow me to explain further ...you see - I don't exactly have to slay fire-breathing-flame-throwing dragons.

It is a metaphor, you know a word that means something else - but it just sounds way more dramatic (and pretty cool, if I don't say so myself) when you say it as a metaphor - like "I'm freezing to death." Unless, in fact you are really freezing to death - it's just a metaphor for being really super cold.

I do something even more difficult than slaying real, live, roast-a-marshmallow-over-their-breath-dragons. I slay dragon-thoughts. You know the ones that tell you things that make you feel bad, sad or mad? Those thoughts that keep you up all night, make your stomach hurt, or make you think

of all kinds of things to do to someone who the more you think about - the madder you get at them. Then there are the thoughts that "beat up" on your own self with unkind words about how awful you are. You know those thoughts I'm talking about.

Not cool, huh?

But, I'll let you in on a little secret.

(If this were a movie, this would be the part where *only* the audience knows what is going on...imagine the following - announced in a hushed tone, of course...)

You cannot believe everything you
THINK...

What!? Gasp....cough...choke...choke..

But they are thoughts...of course I do...they are so real...I, I, I,...

OK - easy - don't hurt yourself and before you rip the pages from the book, let me explain.

Raise your hand (ah...I chuckle as I know you do this, even though I can't see you) if you have ever thought there was a monster under your bed or in your closet or well, anywhere. Come on, you know who you are...O.K. it doesn't have to be a "monster" - but have you ever been afraid of something and then found out later - it was not *even* real? We've all been a little scared of something that was NOT real...even adults - ask your parents... and if they don't admit it, ask their parents.

It happens.

BUT...

BIG NEWSFLASH...

YOU DON'T HAVE TO BELIEVE THEM!

(This is the book version of me yelling at
you....in a nice way, of course!)

Nope. Sure don't. And guess what?

You can actually...are you ready for this?

Change your thoughts -

(oh...this is good...this is very good news!)

You know, when you have a dream and it
feels SO real - sometimes you even wake up
thinking you are falling or being chased by

someone? Your heart is pounding and you are out of breath. But, it's NOT real, huh? It's just a *thought* - you are having while asleep.

Or have you ever been scared by something that looked like something else (like a spider or snake) - but it turned out to be like a piece of fuzz or a stick? Or you thought there was a scary intruder in the hallway but it just turned out to be your older sister having a very bad hair day and "what was she thinking?" makeup experience.

So, the **THING** (no, I did not call your sister a thing...) didn't make you scared...it was what you THOUGHT it was that made you scared.