

“Be a Thought Cop”



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“Have you ever
heard of a
Thought Cop?”



“No”



“I’ve learned how to be
a Thought Cop!”



“Would you like to learn how to be a Thought Cop too?”



“Yes . . . what’s a
Thought Cop?”



A Thought cop watches over the “thoughts” that come into our brain or mind.

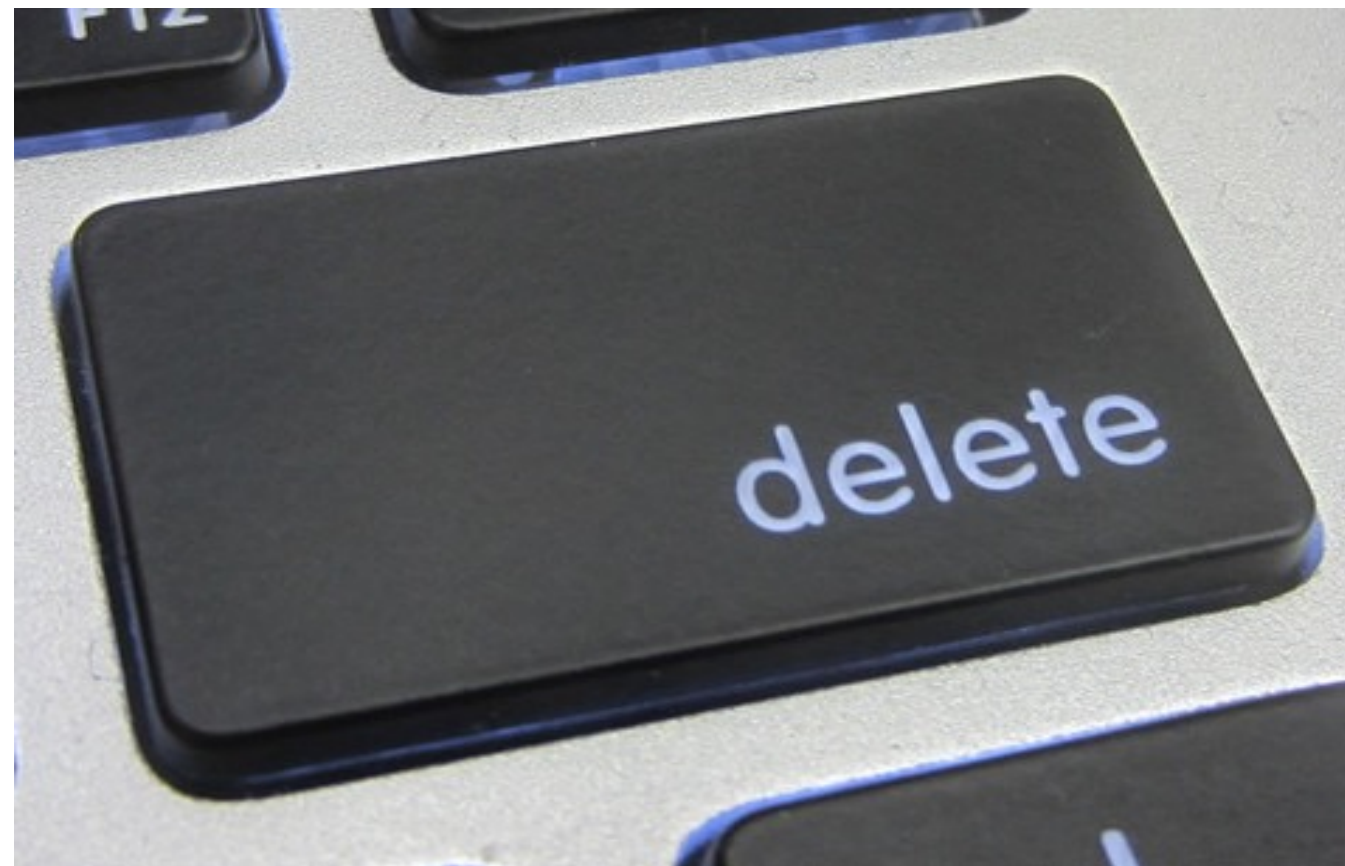
There are GOOD Thoughts, and . . . There are ***BAD*** Thoughts.



When I have a BAD thought
pop into my mind, I ask –
“Where did that yucky
thought come from?”
Then I say

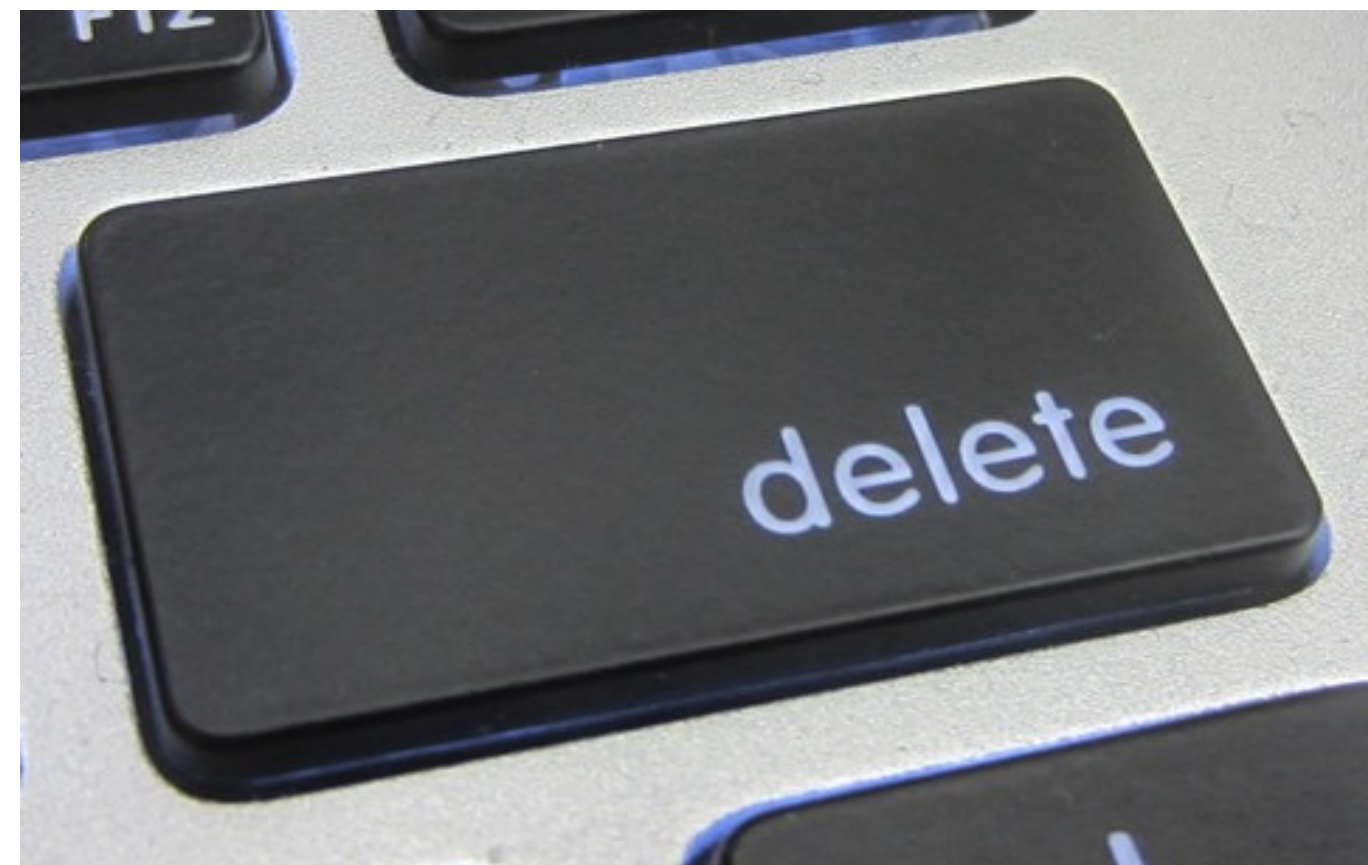


I delete that Thought!





Say it again!
STOP! I _____
that THOUGHT!





So . . . why do we
need to watch over
these thoughts?

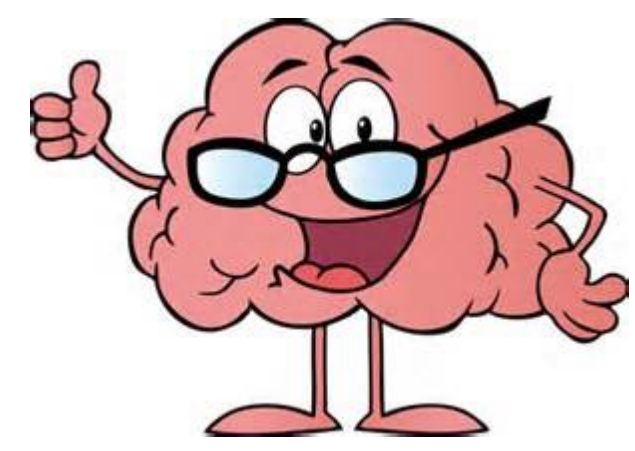


Most people think thoughts are good or bad, true or false.
I am inviting you to consider them as positive thoughts or
negative thoughts.





Positive thoughts
create happy
feelings.....



Negative thoughts create
sad feelings.



“Kids
in
Charge!”

Whatever your age, you can take charge of your thoughts!



You Can Be



Of Your Thoughts!

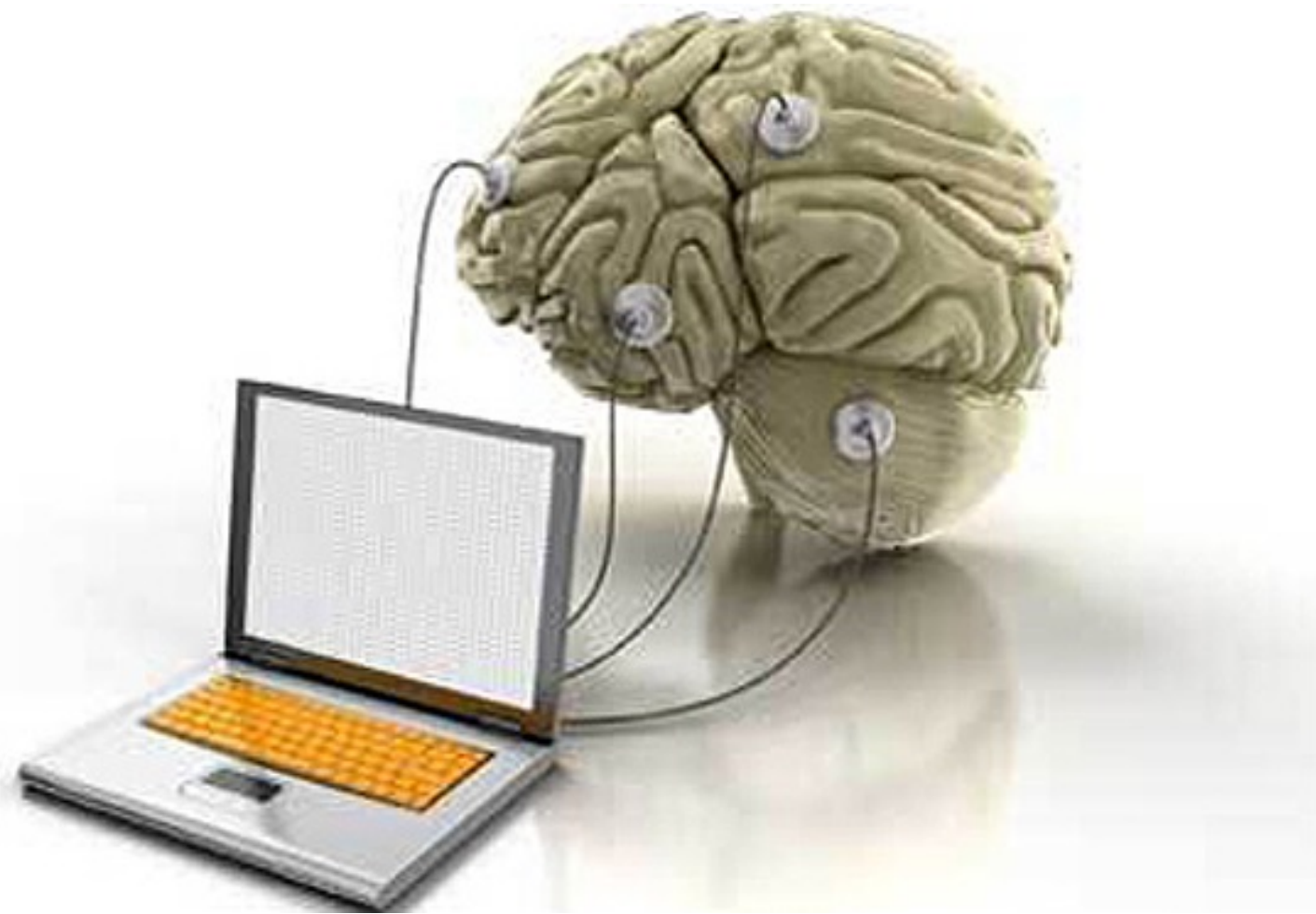


What if we programmed a new computer with 3 instructions?

- ~ I do NOT have a good memory!**
- ~ I can't Spell!**
- ~ Math is hard for me!**

How well would that computer work for you?





Not only can we
program our
computers, but
... we can use our
thoughts to program
our brain.



Such as ...

Have you ever said or Thought:
“Math is just too hard for me!”



Then STOP and be a
Thought Cop!

Just say . . .
I Delete That Thought!



Math

... then repeat 5 times, “I am Smart and MATH is fun to learn!”

Pause...

Do you feel any tingling?



Thoughts transform into electrical energy and can go down your nervous system.

Some students can even ‘feel’ the tingling flow within.

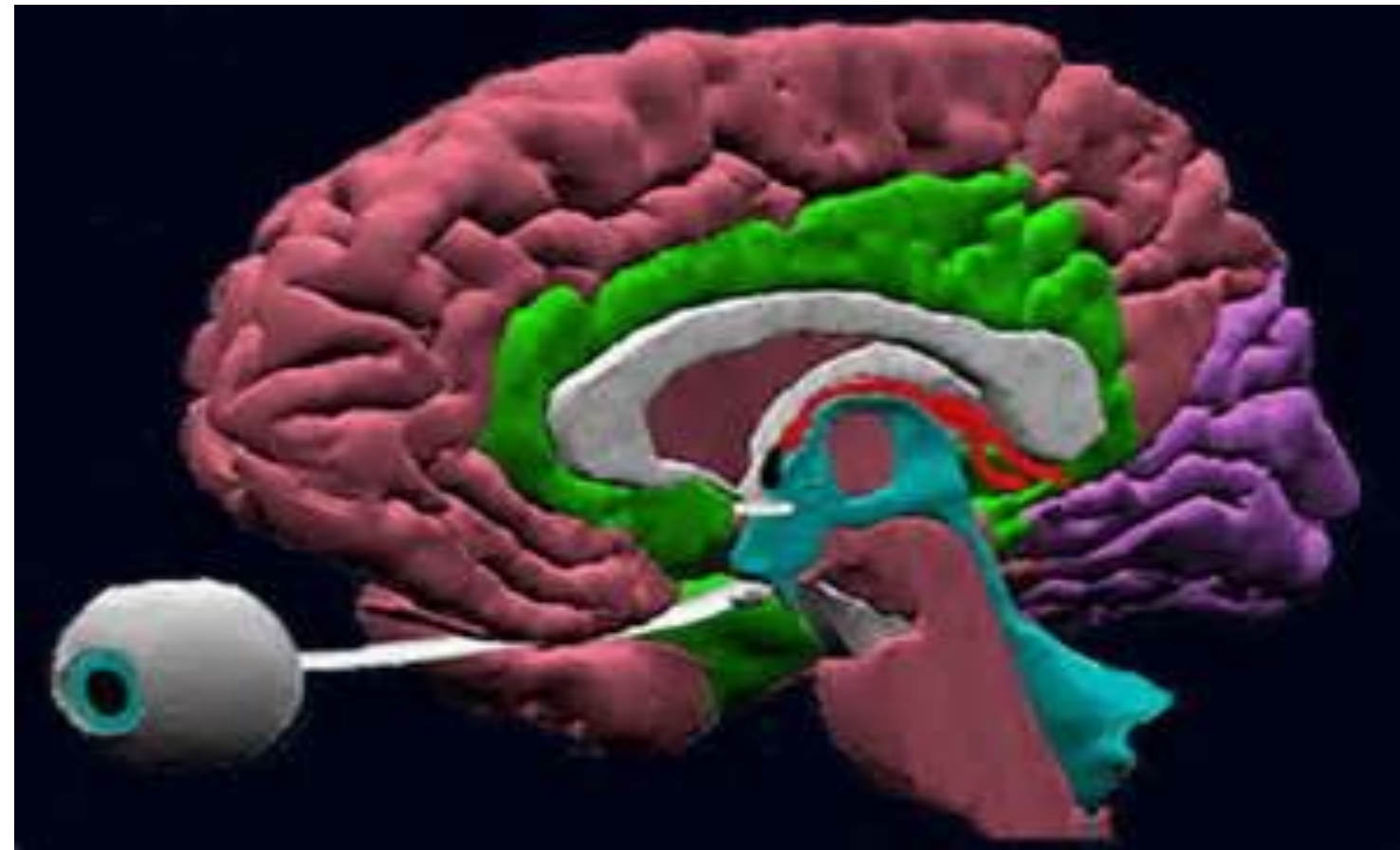
Wow!!! Did You?



Do you know that you have something like a camera in your head?



Your eyes are the cameras. You take pictures that are stored in your brain's memory banks.

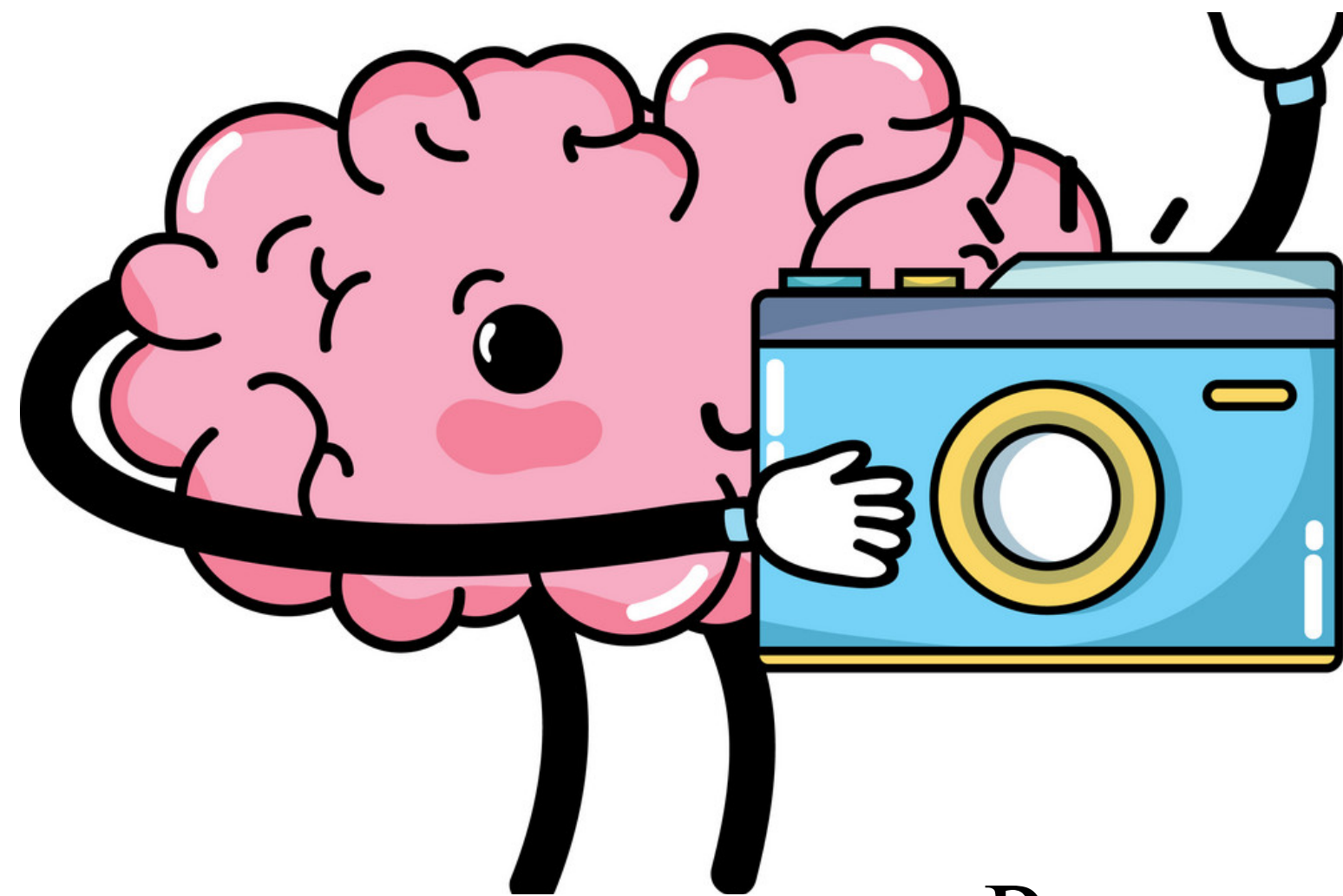




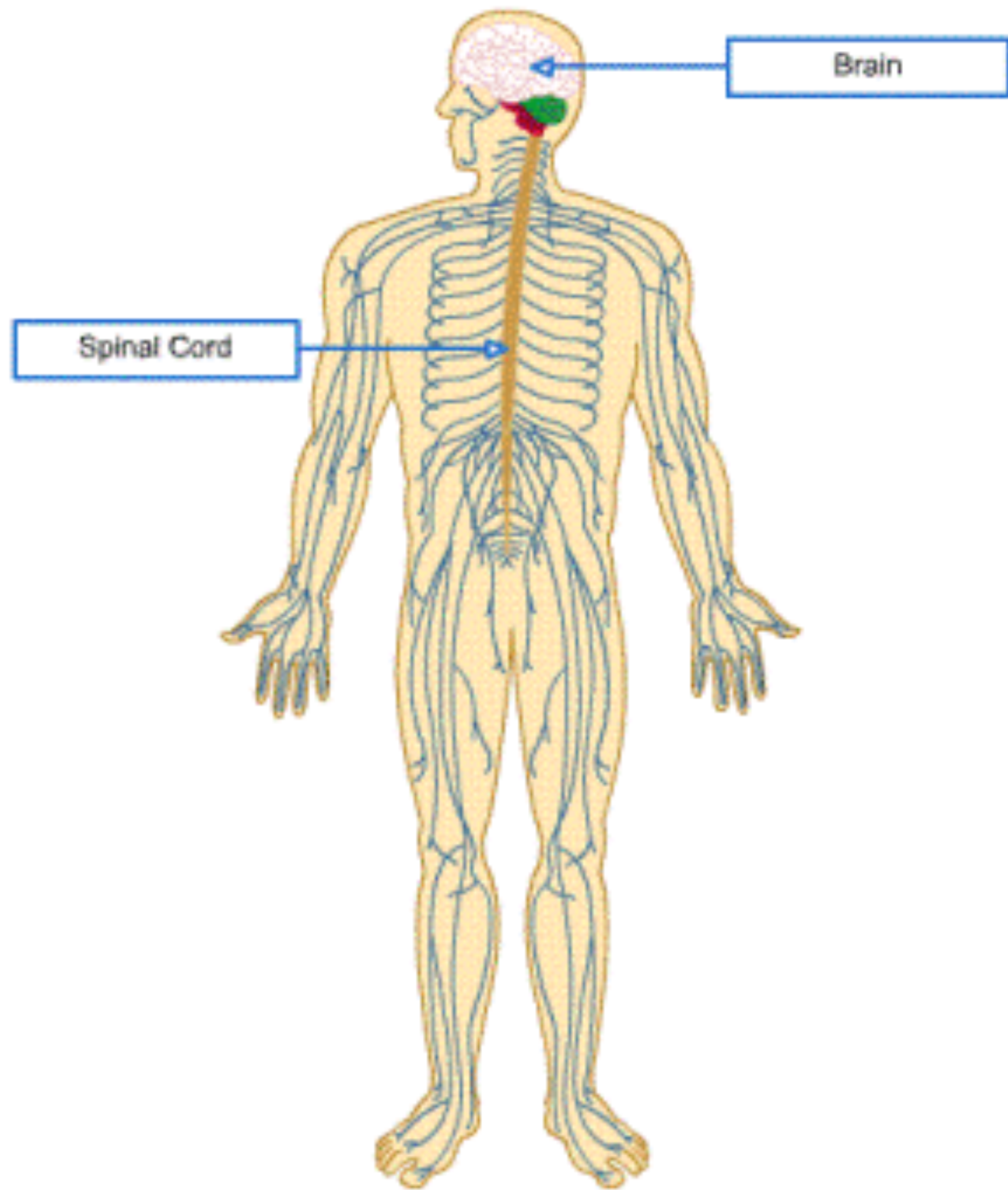
You have a Photographic
Memory power inside you.



Please repeat 5 times ...
“I have a Photographic Memory.”

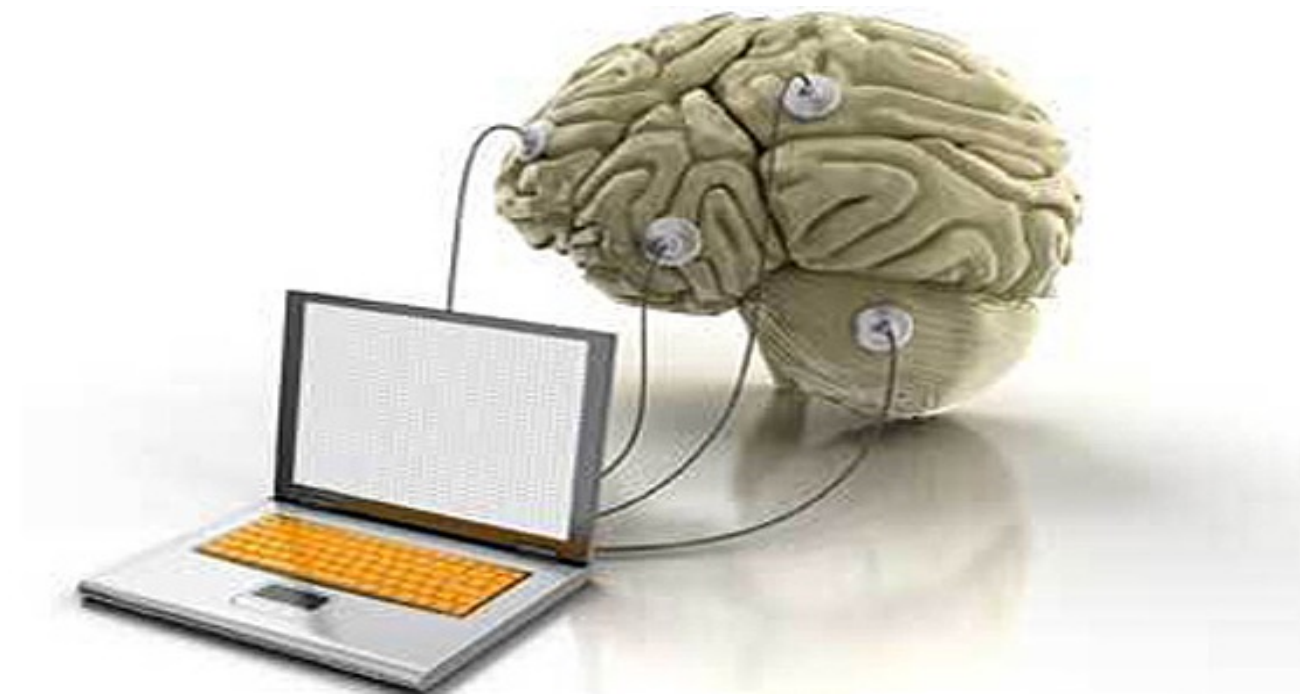


Pause ...
Can You Feel Any Tingling?



Did you know that your thoughts affect the performance of your **BODY**?

Such as, they can affect how fast you run or how well you play sports.



Please close your eyes and visualize a
computer screen in your mind.
Next, visualize a BIG pink Elephant
with orange polkadots all over it.
Pause.... Can you see it?



Suddenly you see a
scared look on the
elephant's face as it
runs away.
Why? Look!
Something is chasing
the elephant. What do
you see?



See how creative you are?



Here's another elephant for you to see.



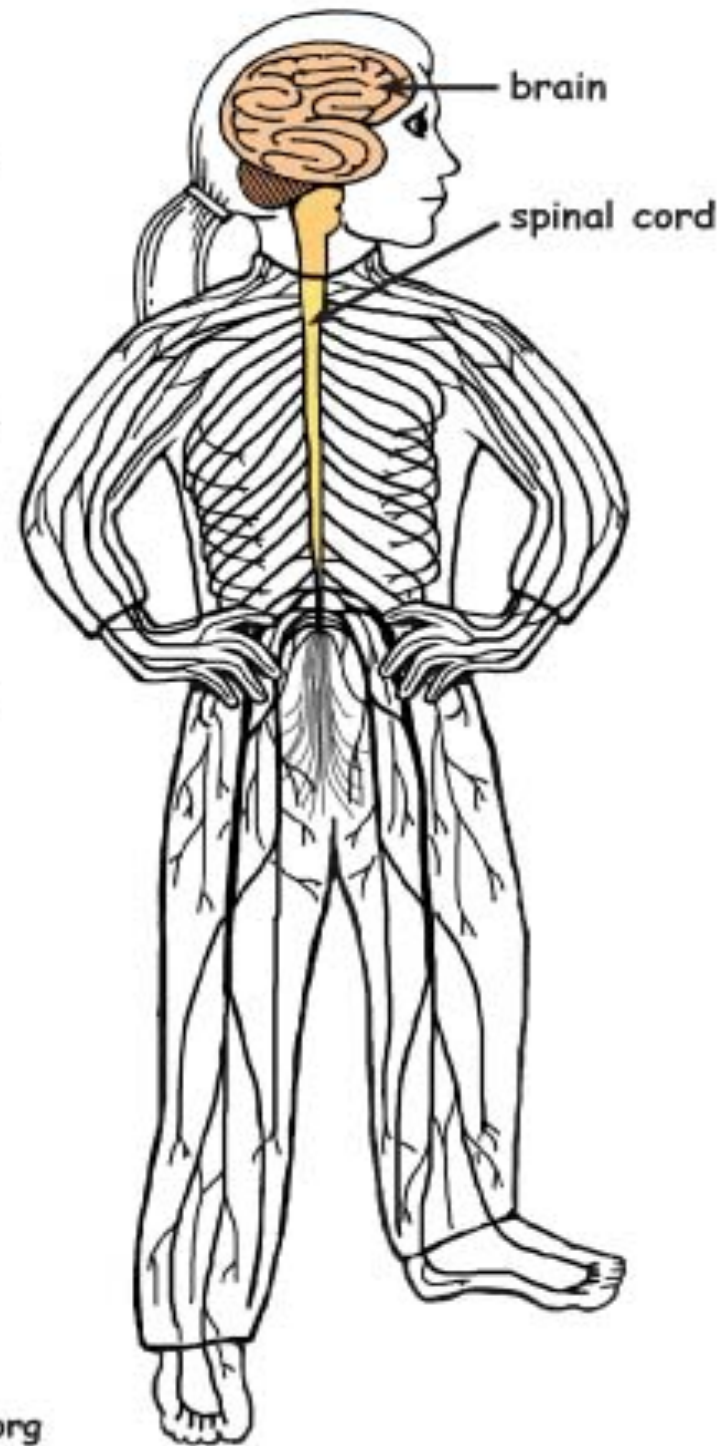
The Nervous System

The nervous system acts as a continuous, complete unit, but is broken down into two parts for study: the Central Nervous System and the Peripheral Nervous System.

The Central Nervous System (CNS) includes the brain and spinal cord.

CNS Function: Receives information, decides what to do with it and gives the orders for muscles or glands to act.

CNS Location: The brain sits inside the skull and the spinal cord runs down the back inside the bony vertebral column.



The Peripheral Nervous System (PNS) includes all the nerves outside of the central nervous system.

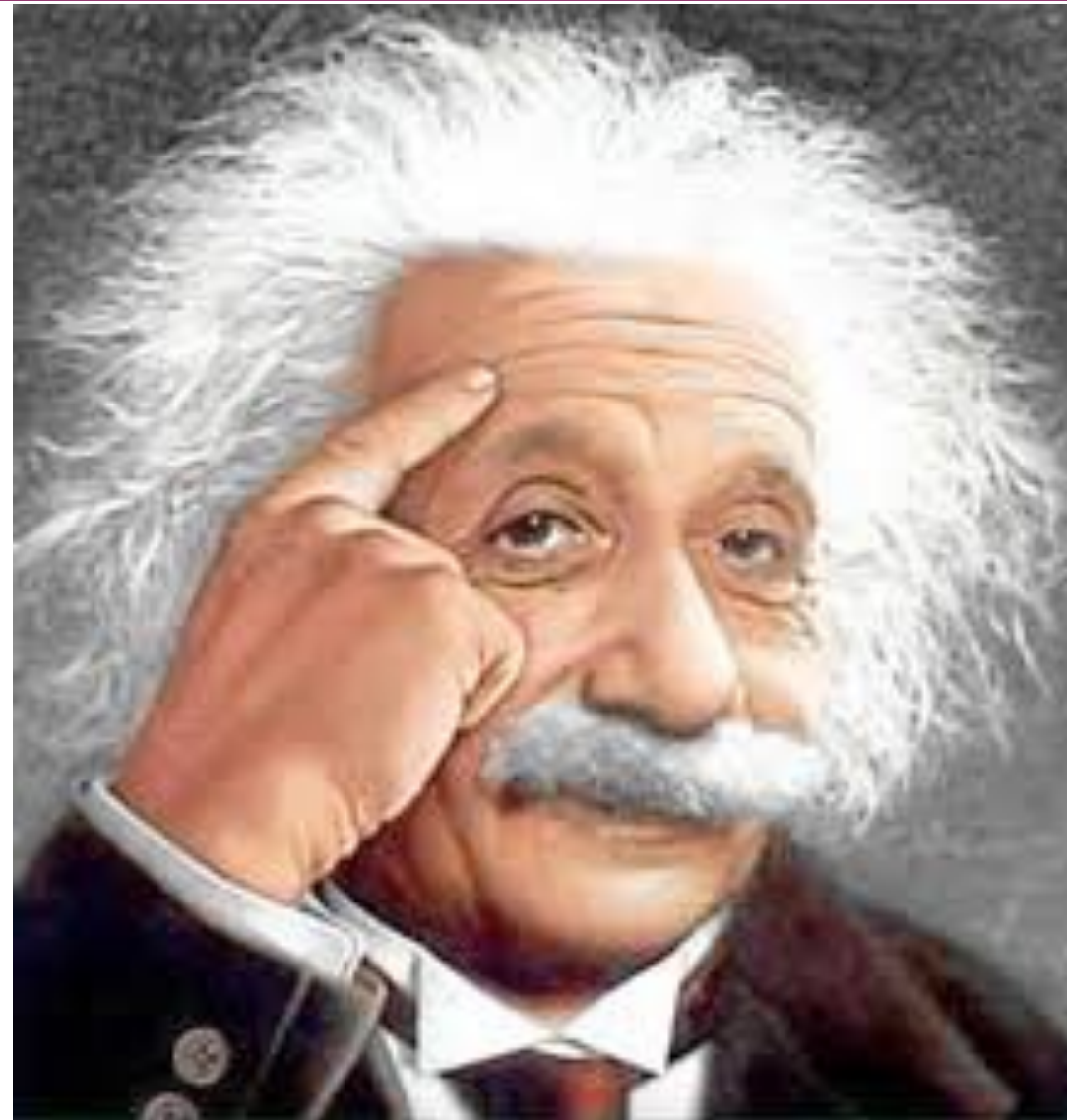
PNS Function: Brings the messages into (sensory) and out of (motor) the central nervous system.

PNS Location: The peripheral nerves come off the spinal cord and brain.



Your thoughts send messages to your brain. Your brain passes these messages to your nerves and to your muscles.

These messages travel up and down your spine and all through your body. :)



Now repeat 5 times:

“I Am a Brilliant Human Being.”

Pause...

Do you feel tingling anywhere?



Next, please repeat 5 times:
“I Make Good Friends!”

Pause...

Do you feel any tingling?

Where do you feel the
tingling?



Now repeat 5 times:
“I Read Better Every
Day!”

Pause...
Do you feel any
tingling?

Where do you feel
the tingling?



What are we doing?



**We are creating ACTION
by planting Seeds of THOUGHT!**



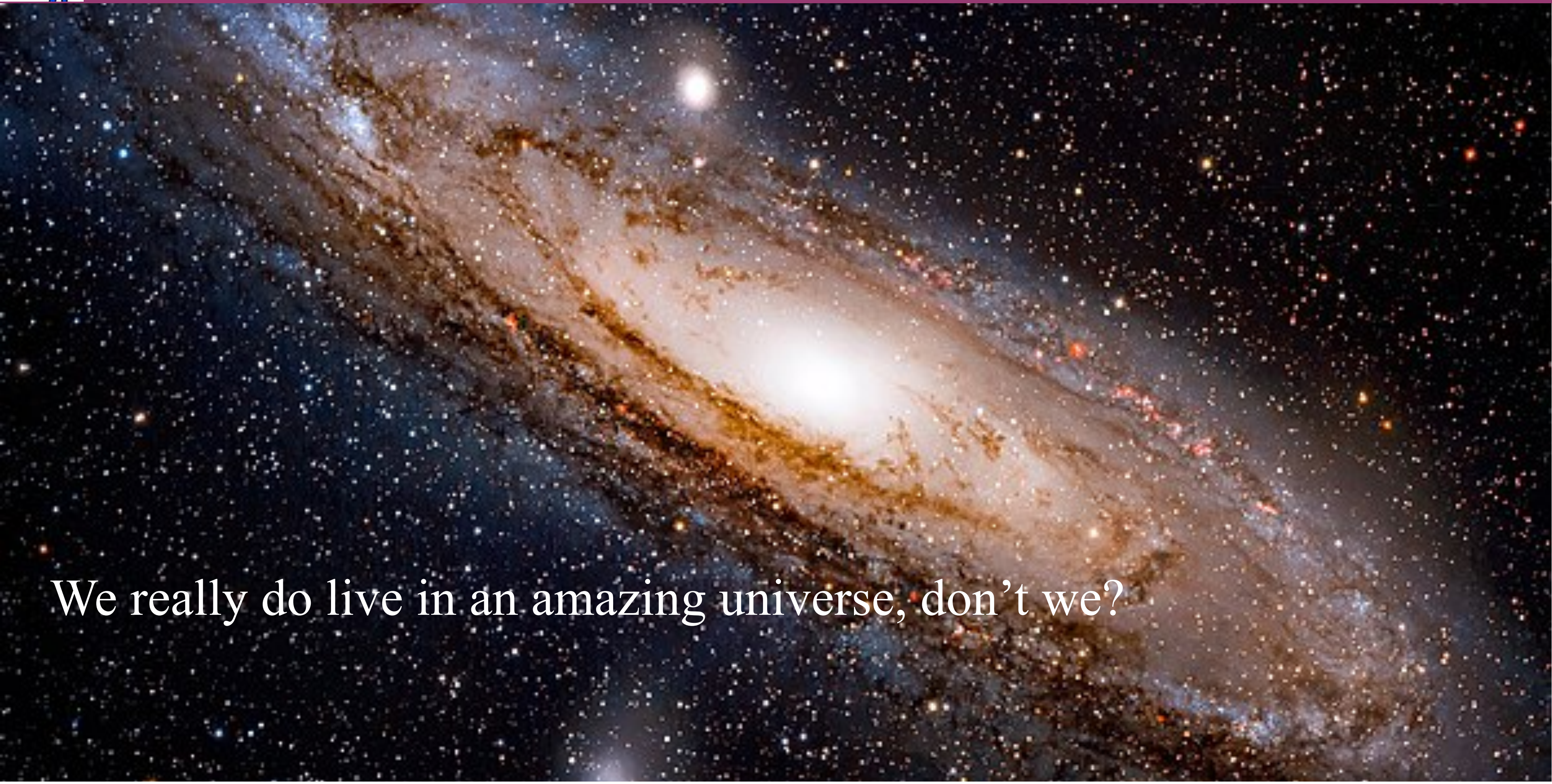
If you plant one kernel of corn, what will you get?



Your mind is like a garden. You harvest what you plant. If your seeds (thoughts) are good, the harvest will be wonderful!



We must weed our mental garden by deleting negative thoughts and replace them with positive, pure, and enlightening thoughts.



We really do live in an amazing universe, don't we?



So, will you
please come with
me and be a
THOUGHT COP
too? :)