

The Whole World Stinks

by Mike Tucker *

Wise men and philosophers throughout the ages have disagreed on many things, but many are in agreement on one point: “We become what we think about.”

Ralph Waldo Emerson said, “A man is what he thinks about all day long.”

The Roman emperor Marcus Aurelius put it this way: “A man’s life is what his thoughts make of it.”

In the Bible we find, “As a man thinks in his heart, so is he.”

One Sunday afternoon, a cranky grandfather was visiting his family. As he lay down to take a nap, his grandson decided to have a little fun by putting Limburger cheese on Grandfather’s mustache. Soon, grandpa awoke with a snort and charged out of the bedroom saying, “This room stinks.” Through the house he went, finding every room smelling the same. Desperately he made his way outside only to find that “the whole world stinks!”

So it is when we fill our minds with negativism. Everything we experience and everybody we encounter will carry the scent we hold in our mind.

I’ve encouraged those who are unhappy with their marriage partner to begin to change their thoughts about their spouse. Forming the habit of dwelling on positive characteristics will improve one’s attitude toward his or her mate. Focusing on positive aspects of the place where you work or the good things about your coworkers will improve your attitude about your job.

When you change your thoughts, you change your world. Try it and see for yourself!

With Love,
Mike

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