

Generations of kids (and adults, I suspect) have loved the stories about Winnie the Pooh - the wonderfully silly old bear and all his friends in the 100 Acre Woods: kind if timid Piglet; wise Owl; irrepressible Tigger and the wonderfully woeful Eeyore.

"Ooooh Well..."

I thought of Eeyore the other day when I came across a rather startling statistic. The typical person has upwards of 10 to 20 thousand thoughts a day... and 80% of them are negative.

80% of what we think is negative. So there is a lot more Eeyore in us than we thought!

Since few of us want to live that way - and as people of faith we are called to live in a positive, trusting state - what do we do? Although I believe the real remedy to most of what ails our spirits is a life-long process of growth and change, one "trick" that I have tried is this: when a negative thought comes up - be aware of it, especially if it is negativity towards another person or a situation.

Then try to replace it - with a neutral thought - a thought of gratitude for any blessing - a prayer for help with the negativity. We are not powerless over our thoughts, something the Apostle Paul was on to when he wrote,

*If there is anything true, or honorable or just or pure or pleasing or commendable - if there is anything excellent and worthy of praise--think about **these** things.*  
(Philippians 4:8)

Smiling optimism and trust may come more easily for those of us who are Tiggers by nature, but God's power is there to lift any of us up to a place where it is easier to see and rejoice in the true, the honorable and the excellent.

In Christ,

*Lori*