

GOD'S UNIVERSAL LAWS
THE LAW OF SUBSTITUTION

BY: GOD IS GOVERNMENT

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God's Universal Laws

The Law of Substitution

Our thoughts can only be changed by replacing them with new thoughts. Old thought patterns with New thought patterns. We are thinking all the time – over 10,000 thoughts a day at least. Being creators, we are constantly thinking cannot stop the flow of thought just by willing it to be so. Something more is required to quiet our minds such as meditation. It is the nature of the mind to think in fixed, habitual thought patterns – pictures and images from our past experiences.

If you begin observing your thought patterns you will discover that certain types of events usually trigger certain thought patterns in you. And once your mind starts moving in a specific direction, it just seems to continue in that direction until something else pops up and gets your attention. Therefore, it is so difficult to tell yourself to stop thinking negatively.³⁹ We know we cannot just tell ourselves to stop thinking negative thoughts. Our mind doesn't work like that. We also know that the mind most often thinks in familiar patterns and that negative thinking is just a poor mental habit, usually programmed into us during childhood.

Here is where the Law of Substitution goes to work for us. If we tell ourselves just to stop thinking negatively, what you're really doing is focusing our attention on the matter, which means we are thinking about it even more. So, it won't help to say to us I must stop thinking negatively about this thing I am thinking about. But when we use the Law of Free Will combined with the Law of Focus, we can switch your thoughts to something else, to something completely different, we can replace the negative thought with a positive one.