

Think Yourself *Young*

A woman with long blonde hair, wearing a light blue, long-sleeved, flowing dress, is captured in a dynamic, dance-like pose in a grassy field. She is barefoot, with one leg raised and arms extended. The background features a sunset over a mountain range, with the sun low on the horizon, creating a warm, golden glow. The sky is filled with soft, wispy clouds.

& Bonus Book: Forever Young

By Debbie Johnson,
Best-Selling Author of *Think Yourself Thin*

Think Yourself Young



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Dedication

*Dedicated to the Young at Heart-
Those Loving Souls Who Bring Joy to All Life.*

Books and Media by Debbie Johnson

Books

Think Yourself Thin *Think Yourself Loved*

Think Yourself Young *Think Yourself There*

Forget Willpower: Have Fun Family Fitness with Focused Imagination

Forever Young

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Gluten-Free, Low-Glycemic Desserts & Comfort Food You Will Love

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Dreams: Your Window to Heaven

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***Forever Young* - Bonus Book**

Debbie Johnson

Chapter 1



Why Thinking Young Works

See the Examples All Around You!

A friend of mine who was likely in her eighties (she never told her age - one of the secrets!) still played tennis, wore her hair long, and dressed like a teenager. Believe it or not, she pulled it off! Her childlike (not childish) wonder about life, her cheerful attitude, and her belief in miracles made her so attractive. And she kept an open mind, constantly eager to learn new things. She looked fabulous and was my inspiration for staying young.

Who do you know that has stayed young and is an inspiration to you? Take a moment to think of the qualities that person has that keep them young.

Children Know the Secret

All over the world children believe it's possible to never, ever, ever grow up. I believed it too when I saw the movie, *Peter Pan*. It touched me where I lived, in the very core of my heart, within Soul, Itself. I knew then and there that it was entirely possible to retain my youth and vitality, my sense of wonder, my childlike innocence and love for life. I knew I could fly and talk with fairy-tale creatures in my dreams, if not in real life. I was the happiest child alive.

The great success stories have come from staying childlike--not childish--meaning: using the imagination, pretending, making believe! Think of Walt Disney. He was not a business man (his brother handled the finances) but he believed in his dreams with all his heart *and* imagination. My own successes and those of many others I know have come from a receptive, open attitude toward life. Not only my success with my books, but also with "thinking thin." I've kept the weight off twenty years just by "thinking thin" and listening to my own spiritual guidance. But this also helped create my success with looking and feeling younger than my years.

Would You Like To Feel Younger Right Now?

Try saying to yourself, and feeling it, too: *I feel younger, stronger, vital and alive. I feel energized and happy!*

We may find ourselves saying things like, "I feel so old today." or, "I'm having a senior moment." Instead, try saying, "I usually feel energetic. Today is unusual." or "My memory must be out to lunch, because it's usually just fine.

Many people feel tired and forgetful, even though they are quite young. Many people of greater years actually feel younger, stronger and better than some whose ages are half their own! Why is that?

We may attribute it to health, good genes or luck. All of that may

be true, but even with bad genes, attitude wins out. Here's why:

You're as Young as You Think You Are

You may have heard older people say, "I look in the mirror and am amazed at how old I look when I *feel* so young!"

And have you noticed that people who feel younger actually look younger?

Their secret is that they don't think of themselves as old! They don't often make comments like, "Oh, I'm just getting old." or "That's just how it is when you've as old as I am." They try new things, open their minds to new thoughts and ideas, and they keep that youthful sparkle in their eyes. Even if they have a few wrinkles or gray hair, their young and joyful hearts touch everyone with the childlike quality of wonder and surprise.

Wouldn't you like to keep that feeling of joy and wonder alive? And how about being healthier, stronger and more energized, in love with life again?

If you've lost these things, wouldn't you like to regain them?

Well, you can! If I can do it, so can you. I've been "Thinking Young" for about twenty years and people often assume I'm much younger than I am. That's because of my firm resolve to think of myself that way. I think thirty-five, even though I've been around the sun many times. I won't talk about my age unless specifically asked and for good reason.

This book will show you how to feel and look a little bit younger in an instant, and over time to look and feel even younger than before.

The first and best secret is to remember what it feels like to be young, and to stop yourself from making comments or having thoughts about being old.

Why are Thoughts so Important?

Put simply, the mind works in images, and these images affect everything you do. Prove it to yourself right now with this experiment. Try to think this thought without having an image come to mind:

“I will not eat that piece of chocolate cake!!”

What did you see or experience?

Unless you are from another planet, you saw, smelled, tasted and even felt the texture of that chocolate cake, just like everyone else on our planet would, even if they hate chocolate cake! The people who like it would see themselves eating the cake, feel it, taste it, etc. We will always see the images created by our words. And furthermore, we are motivated by those images to act upon them.

Did you notice in the above experimental sentence that I had you say you would not eat the chocolate cake?

Then why did you still imagine eating it?

The Subconscious Doesn't Hear Negatives It Sees and Feels Images

Negatives, such as “not, will not, no, never, don't, shouldn't, none, won't,” etc. are completely ignored and disregarded by the subconscious mind. Its purpose is to reproduce images and make them happen. You would soon feel driven to eat the piece of chocolate cake if you kept repeating the sentence to yourself, “I will not eat chocolate cake.” By the same token, the person who continually thinks of themselves as old and getting older, saying it to themselves and everyone else, will continue to feel and look older than necessary.

“Want to Reverse the Process of Thinking “Old” and Begin “Thinking Young?”

It’s easy. Try this exercise: Think to yourself; “I feel a little bit younger today.” You are engaging your feeling sense as well as your visual image of yourself. Feelings are powerful adjuncts to visualization. Using all of our senses makes visualization work. I have a theory that those who are most successful with visualization have actually used more of their senses to imagine, not just the visual. So I teach people to use all senses - hear it, see it, touch it, smell it, taste it and even feel it emotionally. I have coined a term for this called “focused imagination.”

Now create a scene for yourself where you are young *in your future*. You may be on a vacation somewhere, playing in the water or dancing the night away, learning to scuba dive or taking a hula class. Find an image that fits for you. Now use all of your senses. Smell the salt air, feel the sand beneath your feet (or your partners firm embrace as you dance). Listen to the ocean waves or exciting music. Taste your luscious desert, knowing your youthful body can handle anything!

How did that feel? If it felt good, then keep doing it! Keep imagining feeling younger and you will. Then, you will automatically do the things you need to do in order to reverse the aging process. That may be diet, exercise or supplements. There are many new products emerging that are natural and clinically proven to reverse aging, weight, and wrinkles. The end of this book has some recent breakthrough product listed that have helped the majority of users, It seems. I never recommend anything I haven’t researched and tried myself, but everyone’s body is different, so I cannot say how they will work for you.

Emotions Are Powerful Fuel for the Imagination

Have you noticed that when you feel something strongly, especially fearfully, that it often happens? Sometimes it's a premonition, other times it's just our own fearful thoughts getting in the way. For example, a person might think, "Oh, if I do that, I'll surely fall." and they do!

Children are fearless. They try everything until parents warn, "You'll trip, you'll fall, you'll get dirty, you'll get sick, etc." It's an unending stream of fears. Of course parents must be responsible and make children understand the dangers of foolhardy actions, but even walking through fire is done with no harm to those who believe there will be no harm. It requires being as trusting as a child.

If you fear getting younger by "Thinking Young" you probably will!

But of course you want to be positive, so you can simply use positive emotions such as being thrilled, happy, content and proud of yourself that you have accomplished your goal.

By Replacing the Unhealthy Old Image, You Reversed the Process.

When you replace the images of being and feeling old with images of feeling healthier and younger, you actually gave your subconscious a new command. It's just like programming a computer! In this case, you are upgrading the system by taking out the old program and replacing it with something much more beneficial. This will move you forward. It actually establishes new neurological pathways in your brain if you keep up the internal image for twenty-eight days or more.

When programming a computer, the programmer must know the language in which she is programming.

The Language of the Subconscious Mind is Symbols and Images.

You give your subconscious images, it gives you results.

IMAGE + FEELING = RESULTS IN YOUR BODY AND YOUR LIFE.

As you well know, if you want to speak with someone who speaks only Greek, you must speak Greek. If she speaks only Spanish, you must speak Spanish in order to communicate clearly. Luckily, the language of the subconscious is something we all use every day. We do this each moment of our lives without being aware of it (scary, isn't it?) If we want to clearly communicate to the subconscious our desires, or to Spirit, we must clearly communicate in the only language it understands, images and feelings with all of our senses engaged.

Now it's just a matter of being aware of how we do use images constantly for communication with ourselves and our world. If we speak to the subconscious mind in its own language, that of images, it will not only produce the image, but it will compel us to produce the results of that image. Have you ever heard a mother admonish her child with the phrase, "You're going to fall!" and the child immediately falls? The child has taken on the image, with all its fear. Action follows thought. It's absolutely uncanny to see this work.

Unfortunately, Most People Program the Subconscious for Failure.

For example (I'm sure you've never heard this or heaven forbid, said it yourself!): "I feel so fat!" or "I feel so old." This statement has just given the subconscious mind a command to gain more weight or age more quickly! Guess what happens now. One person is going to desire foods that will put on weight for his/her body type. The other person will do whatever it takes to get older faster, i.e., stop exer-

cising, forget the sunscreen, stop being playful or trying new things. Whereas thinking young, healthy thoughts will motivate that person to do whatever it takes to stay young, such as eating healthier, exercising more often and loving it, drinking more water, breathing deeply, thinking of new ideas to enjoy life, etc.

Give your subconscious, as much as possible, positive programs to work with. You are not what you eat, but you *are* what you think. Not only that, but you will desire only what is good for you when you think healthy thoughts. Whatever you think, your subconscious innocently believes.

Try Your Own Experiments

You may want to try some of your own simple experiments just to prove to yourself this really does work!

Here is one you can try right now:

Say to yourself (out loud, if you are alone), and imagine it's true: *Someone is pouring a bucket of ice water on my head. It is freezing cold. I'm sopping wet and shivering.*

How did you feel? Cold? Of course you did! Your subconscious mind believes everything you think, say, and feel! You can lie to it all day long and it will believe you anything you tell it. It's very gullible. The good news is, you can use this to your advantage. Tell it you are beautiful (or handsome), young, slim, strong and childlike in wonder! Now, to warm you up . . . Tell yourself you are in a nice warm bath, with candles glowing all around you.

Want to Start Practicing Some “Thinking Young” Thoughts?

Here you go:

I feel so young today!

I'm getting younger, healthier and stronger each day.

I feel a little younger, more energetic and stronger today.

I am slim, strong, healthy and free!

Any day now I'll be able to do things I did when I was twenty.

As you say the above words - experience them in every way you can. See Chapter Three, “Exercises for Thinking Young” to get all the details you need to make this work.

Whenever you have negative thoughts about yourself (after all, we're human, so we do have these limiting thoughts!) use it as a springboard to success. Make yourself create two positive images for every negative one you have. (This will give you the advantage, since every thought begins to actually create new neural pathways.) For example, if you don't feel young or pretty, think of a time you did. Form those pictures in your mind. Were you at a dance? Were you at someone's wedding, or perhaps your own? Were you winning some athletic contest? Think of when you felt your best and know that you will again.

Think of a time when you felt really good about yourself and your physical appearance and feeling. Be there, in that picture, in that personal, perfect movie. If you've never felt good about yourself, think of someone you admire very much - someone who embodies your ideal - and try to get the feeling of being that way. What would it feel like? We all have the potential to be absolutely anything, or at least feel absolutely any way, so go for it!

Children Have a Wonderful Gift for Pretending.

Successful Make-Believe is something we can learn from children. Within the spark of imagination lies something to be “caught.” Have you ever noticed how children become completely absorbed in whatever they are doing or playing? They literally become the image they want to create. If it is being a pilot, they are really flying that airplane, with all of their senses. They are above the ground, soaring through the clouds, looking at the tiny world below . . . and lo and behold, they grow up to be a pilot. **This is the sort of imagination we need if we want to accomplish anything.**

A little known secret of success, as any truly successful athlete, business person, artist, musician, actor will tell you, is their own creative imagination. They may not use the same words I do, of course, but they may say something like, “I never even thought about failing,” or “I always knew I’d win,” or “I just saw myself succeeding, I wouldn’t accept anything less.” For more on this, see my free e-book, *Think Yourself There* at www.thinkyourselfthin.com.

It may help you to read some biographies of men and women you have always looked up to, people who have overcome great odds to accomplish something, or someone who was first to attain a highly desired goal. Look for this “feeling of success” or use of the imagination to accomplish the desired result. You will find yourself encouraged by such stories or articles, when you find them.

Look for the Feeling of Success

As you read those biographies, look for that same feeling of success in yourself. We all have it, though it can be as elusive as a butterfly. Once you catch it, though, pretending as a child that you are already the way you want to be, then your body will go to work to create the new you.

Your subconscious will believe whatever you tell, so if tell it what

you want, what you wish to become, through your thought and imagination, **controlled by the real you.**

Who is the Real You?

What part of you is in complete control of all the other parts (when aware enough to be), giving the commands, reigning over the thoughts, feelings, senses, which bring about our circumstances in life? It's not your mind, because that is--or should be--the servant . . . It's not your subconscious, because that part of you simply carries out the commands of the conscious mind. The subconscious mind is very powerful though, and can overshadow the real self when the real self is asleep, meaning unaware of its rightful place and position.

This "real self" has been called by many names throughout the centuries and eons of time. It has been called the "inner self," the "essence of self," the "ka" by the Egyptians, the "higher self" and as we may be most familiar with it, the Soul. Furthermore, you do not *have* an inner self or Soul, but you *are* your inner self, or Soul.

Whatever you choose to call this higher Self, or the real you, it does have the ability to control the mind, the subconscious mind, the emotions and the physical body, by conscious use of the imagination. This inner self truly is you, the real you and can take control of your life by controlling all these other aspects of your self.

The subconscious mind never sleeps, so when your conscious mind (the part of you that doesn't believe this will work) is asleep, Soul can communicate with the subconscious mind by your command, through your imagination as you fall asleep, or in your dreams. There is more on this in Chapter Three. The subconscious is constantly carrying out orders given it by the conscious mind (limited knowledge) or Soul (unlimited imagination!) Which would you prefer?

Imagination is Your Divine Gift

Imagination is a gift from God and is yours to use however you choose. You may as well use it for something positive and good. You will learn, by using it for your health, that it can be used in any area of your life to improve it. In this way, you will also learn more about yourself as a spiritual being and find out that being spiritual is a twenty-four-hour-a-day proposition which can make you much happier.

Please understand that using this method may not be “instant” in the obvious aspect of its results, but it is lasting. In a way it is instant though, because you are going to feel better about yourself immediately.

“Thinking Young” will re-program your subconscious, which controls all bodily functions, glands, etc. and even desires, to motivate you to automatically eat, exercise or do whatever it takes to get younger and healthier. The good news is, you don’t have to know what your body needs - that information is stored in your body, in your genes, and your subconscious knows just how to access it. **Sit back, relax, and just “Think Young!” Watch the miracles occur.**

The Most Powerful Prayer

The most powerful prayer (it’s been proven!) is “Thy will be done.” So just “Think Young” while turning it over to God, to your higher self, or whatever you believe in. Who knows what our true purpose is? For some, it may be learning new spiritual lessons with health challenges, but “Thinking Young” may actually help you understand those lessons better, thus moving you into a new state of consciousness in your life--a younger state!

These techniques will carry you through the years and be a steadfast friend in keeping you on track if you will simply be faithful to them. Though it took time and patience for me to reach my desired weight and shape when I thought myself thin, I have kept it there

for over twenty years and am still going strong! Also, I am actually in better physical condition in some ways than I was when I was in high school! And it still takes time to maintain my “youth,” but the rewards are many.

Make this a game, enjoying the process, knowing the outcome will be good, no matter what. You will feel so much better about yourself just by thinking good thoughts. The main thing is to be patient with yourself, love yourself and talk to yourself as though you are your own best friend, with encouragement, support and most of all, love.

You're as Young as You Think You Are

Free bonus book added! First, discover how Debbie Johnson feels and looks up to twenty years younger. See video on her book website for proof. Debbie Johnson Books (dot) com. As the best-selling author of *Think Yourself Thin* she's applied those techniques, plus a few more secrets, to staying youthful. Anti-aging starts with the mind and heart! Learn her secrets as you explore this book and free bonus book added, filled with her natural discoveries for anti-aging in practical, healthy ways: *Forever Young*.

Would You Like to Know the Deepest Secrets for Staying Young?

Discover the Freedom of Youthfulness by learning how to:

Program the big computer in the body for youth.

Eliminate subconscious beliefs about aging.

Become the youthful, joyful person you want to be.

Use both ancient and modern, natural, healthy techniques to anti-age.



About Debbie Johnson

Debbie Johnson is the best-selling author of *Think Yourself Thin* and has several self-help books, as well as fiction for teens and kids. She's the award-winning filmmaker of the *Angels-in-Training* series. She lives in Victoria, Minnesota, where she continues to write, edit books, and make commercial videos. But her favorite thing is helping others make their dreams come true!



Author Debbie Johnson