

THINK SOMETHING WONDERFUL

exercises in
positive thinking

Masami Saionji



ALSO BY MASAMI SAIONJI

The Golden Key to Happiness

Infinite Happiness

You Are the Universe

The Earth Healer's Handbook

Vision for the 21st Century

A Rebirth in Individual Responsibilities and Values

Cries of Life: poems

Evolving with the Universe

Living in the 21st Century

An Era of Consciousness Transformation

Genes and Cosmic Essences

(with Kazuo Murakami)

You Can Change Yourself

a contribution to

You Can Change the World by Ervin Laszlo

THINK
SOMETHING
WONDERFUL

*exercises in
positive thinking*



Masami Saionji



© Masami Saionji 2016
All rights reserved

ISBN-13: 978-1-5328-3490-5
ISBN-10: 1-5328-3490-X

First edition published 2005

Related website: *www.thinksomethingwonderful.net*

Edited by Mary L. McQuaid

Cover and title page illustrations by Freepik
Cover and book design by David W. Edelstein



CONTENTS

Preface	6
Introduction	8
I Overturning Unwelcome Circumstances	15
II Praising and Encouraging Yourself	41
III Honoring Your Own Name	61
IV Honoring Someone Else's Name	87
V Honoring Nationalities	113
VI Thanking Nature	133
VII Thanking Our Bodies	159
VIII Thinking Something Wonderful	177
Appendices	
I Expressions for Overturning Unwelcome Circumstances	197
II Positive Words	201
III Nationalities	209
IV Expressions Starting with 'Wonderful'	217
About the Author	220



preface

Nowadays, more and more people are becoming aware of the incredible creative power that we exert with our thinking. Bright, positive words are especially powerful. They emit enormous energy which creates a joyful future for ourselves and the whole world. If we truly wish to be happy, we must use only bright, inspiring, wonderful words at any and all times.

How can we change our habits and think only bright, positive thoughts from now on? Each of us needs to develop our own method, one that really works for us. And we need to practice.

Do you know how to train yourself to turn all your thoughts toward the positive? In this little book, I would like to offer you some exercises designed for this purpose. As you continue to use these exercises, I believe that your own, intuitive wishes may naturally rise to the surface, and you will find yourself living each day with more confidence and increased hope for the future.

The most important step is to get started, without hesitating or doubting yourself. Always think: *it's possible!*

If you think: *it's difficult*, or: *it's impossible*, every situation that you face will be an impossible one. If you firmly believe that what you desire is possible, and encourage yourself in what you want to do, you will definitely be able to change your life.

The key is to start right away, at the moment when the thought crosses your mind. Do not discourage yourself by thinking: *I want to use positive words, but it takes too much effort. I'll start some other day.* Take action immediately.

Start by thinking just one bright thought. Then think just one more. Think bright thoughts one at a time, minute after minute. Gradually, your way of thinking will begin to change, and with it, your personality, your habits, and the atmosphere around you. If you steadily continue doing this without giving up, you will absolutely see an important change in your life. And in changing your own life, you will also make a change in the world.

Masami Saionji
October 2004



part one

OVERTURNING UNWELCOME CIRCUMSTANCES

You must never forget that every human being has latent, unconquerable power to repel any circumstance, any fate. If you succumb to your environment and your fate, that'll be the end. Nothing new will be born from your state of resignation. Constantly revive your power to overturn unwanted circumstances.

from The Golden Key to Happiness

How can we call forth our hidden power and face each moment with confidence and courage? When you feel like running away or giving up hope, try these exercises. (You can find additional examples in Appendix I.)

Inhale thinking... I am one with the universe.

Pause and think...

Everything is going well.



Exhale thinking... I am one with all living things.

Inhale thinking... I am one with the universe.

Pause and think...

I can certainly do it.



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

your own original words



Exhale thinking... I am one with all living things.



part four

HONORING SOMEONE ELSE'S NAME

The person you call a name will eventually become that name... You should be thoroughly aware of the awesome energy a word carries.

from The Golden Key to Happiness

How can we give silent support to other people? By giving them bright, powerful words that will illuminate their path in life.

Is there anyone who is on your mind right now? No matter who it is—a friend, a relative, a neighbor, or even a world leader—try combining positive words with the person's name. In doing so, you can have a positive influence on the person, and on yourself, too.

Inhale thinking... I am one with the universe.

Pause and think...

Creative _____
someone else's name



Exhale thinking... I am one with all living things.

Inhale thinking... I am one with the universe.

Pause and think...

Imaginative

someone else's name



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

any wonderful word

someone else's name



Exhale thinking... I am one with all living things.

Inhale thinking... I am one with the universe.

Pause and think...

Dignified



someone else's name



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

any wonderful word

someone else's name



Exhale thinking... I am one with all living things.



part five

HONORING NATIONALITIES



You were brought into this world for no other purpose than to build happiness, harmony, and peace for many other people.

from The Golden Key to Happiness

How often have we wished that we could do more to aid and support a particular nationality, or a cultural or ethnic group? During all our waking hours, we can send waves of love, gratitude, and forgiveness to many people with the energy of our words. (Please see Appendix III for a list of nationalities.)

Inhale thinking... I am one with the universe.

Pause and think...

Optimistic Kenyan people



Exhale thinking... I am one with all living things.

MASAMI SAIONJI

Inhale thinking... I am one with the universe.

Pause and think...

Peace-loving Brazilian people



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

Peace-loving _____ people
any nationality



Exhale thinking... I am one with all living things.

MASAMI SAIONJI

Inhale thinking... I am one with the universe.

Pause and think...

Beloved Indian people



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

Beloved _____ people
any nationality



Exhale thinking... I am one with all living things.

MASAMI SAIONJI

Inhale thinking... I am one with the universe.

Pause and think...

Big-hearted Australian people



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

Big-hearted _____ people
any nationality



Exhale thinking... I am one with all living things.

MASAMI SAIONJI

Inhale thinking... I am one with the universe.

Pause and think...

Nature-loving Japanese people



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

Nature-loving _____ people
any nationality



Exhale thinking... I am one with all living things.

Inhale thinking... I am one with the universe.

Pause and think...

Dignified _____ people
any nationality



Exhale thinking... I am one with all living things.

THINK SOMETHING WONDERFUL

Inhale thinking... I am one with the universe.

Pause and think...

_____ people
any wonderful word any nationality



Exhale thinking... I am one with all living things.

Appendix III

Nationalities



This list is intended as an example. Please feel free to use the name of any nationality, ethnic or cultural group, or other people not included in this list.

A

Peace-loving Afghan people
Peace-loving Albanian people
Peace-loving Algerian people
Peace-loving Andorran people
Peace-loving Angolan people
Peace-loving Antiguan and
Barbudan people
Peace-loving Argentine people
Peace-loving Armenian people
Peace-loving Australian
people
Peace-loving Austrian people
Peace-loving Azerbaijani
people

B

Peace-loving Bahamian people
Peace-loving Bahraini people
Peace-loving Bangladeshi
people
Peace-loving Barbadian people
Peace-loving Basotho people
(from Lesotho)
Peace-loving Batswana people
(from Botswana)
Peace-loving Belarusian people
Peace-loving Belgian people
Peace-loving Belizean people
Peace-loving Beninese people
Peace-loving Bhutanese people

Peace-loving Bolivian people
Peace-loving Bosnian people
Peace-loving Brazilian people
Peace-loving British people
Peace-loving Bruneian people
Peace-loving Bulgarian people
Peace-loving Burkinabe people
(from Burkina Faso)

Peace-loving Burmese people
Peace-loving Burundian people

C

Peace-loving Cambodian
people
Peace-loving Cameroonian
people
Peace-loving Canadian people
Peace-loving Cape Verdean
people
Peace-loving Central African
people
Peace-loving Chadian people
Peace-loving Chilean people
Peace-loving Chinese people
Peace-loving Colombian people
Peace-loving Comoran people
Peace-loving Congolese people
(includes Congo and Demo-
cratic Republic of the Congo)

Peace-loving Costa Rican
people
Peace-loving Croatian people
Peace-loving Cuban people
Peace-loving Cypriot people
Peace-loving Czech people

D-E

Peace-loving Danish people
Peace-loving Djiboutian people
Peace-loving Dominican
people (includes Dominica
and Dominican Republic)
Peace-loving Dutch people
Peace-loving Ecuadorian people
Peace-loving Egyptian people
Peace-loving Emirati people
Peace-loving Equatorial
Guinean people
Peace-loving Eritrean people
Peace-loving Estonian people
Peace-loving Ethiopian people

F-G

Peace-loving Fijian people
Peace-loving Finnish people
Peace-loving French people
Peace-loving Gabonese people
Peace-loving Gambian people

Peace-loving Georgian people
Peace-loving German people
Peace-loving Ghanaian people
Peace-loving Greek people
Peace-loving Grenadian people
Peace-loving Guatemalan
 people
Peace-loving Guinean people
 (includes Guinea and
 Guinea-Bissau)
Peace-loving Guyanese people

H-I

Peace-loving Haitian people
Peace-loving Honduran people
Peace-loving Hungarian people
Peace-loving Icelandic people
Peace-loving I-Kiribati people
 (from Kiribati)
Peace-loving Indian people
Peace-loving Indonesian
 people
Peace-loving Iranian people
Peace-loving Iraqi people
Peace-loving Irish people
 (includes Northern Ireland)
Peace-loving Israeli people
Peace-loving Italian people
Peace-loving Ivorian people

J-K

Peace-loving Jamaican people
Peace-loving Japanese people
Peace-loving Jordanian people
Peace-loving Kazakhstani people
Peace-loving Kenyan people
Peace-loving Kittitian and
 Nevisian people (from Saint
 Kitts and Nevis)
Peace-loving Kuwaiti people
Peace-loving Kyrgyzstani people

L

Peace-loving Laotian (or Lao)
 people
Peace-loving Latvian people
Peace-loving Lebanese people
Peace-loving Liberian people
Peace-loving Libyan people
Peace-loving Liechtenstein
 people
Peace-loving Lithuanian people
Peace-loving Luxembourg
 people

M

Peace-loving Macedonian people
Peace-loving Malagasi people
 (from Madagascar)

- Peace-loving Malawian people
Peace-loving Malaysian people
Peace-loving Maldivian people
Peace-loving Malian people
Peace-loving Maltese people
Peace-loving Marshallese people
Peace-loving Mauritanian
people
Peace-loving Mauritian people
Peace-loving Mexican people
Peace-loving Micronesian
people
Peace-loving Moldovan people
Peace-loving Mongolian people
Peace-loving Montenegrin
people
Peace-loving Monégasque
people
Peace-loving Moroccan people
Peace-loving Mozambican
people
- N-O**
- Peace-loving Namibian people
Peace-loving Nauruan people
Peace-loving Nepali (or Nepalese) people
Peace-loving New Zealand
people
- Peace-loving Nicaraguan people
Peace-loving Nigerien people
(from Niger)
Peace-loving Nigerian people
(from Nigeria)
Peace-loving Ni-Vanuatu
people (from Vanuatu)
Peace-loving North Korean
people
Peace-loving Norwegian people
Peace-loving Omani people
- P-R**
- Peace-loving Pakistani people
Peace-loving Palauan people
Peace-loving Palestinian people
Peace-loving Panamanian
people
Peace-loving Papua New
Guinean people
Peace-loving Paraguayan
people
Peace-loving Peruvian people
Peace-loving Philippine people
Peace-loving Polish people
Peace-loving Portuguese people
Peace-loving Qatari people
Peace-loving Romanian people
Peace-loving Russian people

Peace-loving Rwandan people

S

Peace-loving Saint Lucian
people

Peace-loving Saint Vincentian
people

Peace-loving Salvadoran people

Peace-loving Samoan people

Peace-loving Sammarinese
people (from San Marino)

Peace-loving Sao Tomean
people

Peace-loving Saudi Arabian
people

Peace-loving Senegalese people

Peace-loving Serbian people

Peace-loving Seychellois
people

Peace-loving Sierra Leonean
people

Peace-loving Singapore people

Peace-loving Slovakian people

Peace-loving Slovenian people

Peace-loving Solomon Islander
people

Peace-loving Somali people

Peace-loving South African
people

Peace-loving South Korean
people

Peace-loving South Sudanese
people

Peace-loving Spanish people

Peace-loving Sri Lankan people

Peace-loving Sudanese people

Peace-loving Surinamese
people

Peace-loving Swazi people

Peace-loving Swedish people

Peace-loving Swiss people

Peace-loving Syrian people

T

Peace-loving Taiwanese people

Peace-loving Tajik people

Peace-loving Tanzanian people

Peace-loving Thai people

Peace-loving Tibetan people

Peace-loving Timorese people

Peace-loving Togolese people

Peace-loving Tongan people

Peace-loving Trinidadian and
Tobagonian people

Peace-loving Tunisian people

Peace-loving Turkish people

Peace-loving Turkmen people

Peace-loving Tuvaluan people

