You might have heard the expression: energy flows where attention goes, whatever you focus on expands, it's true, everything is energy, and all energy attracts similar energy. You can't put out negative energy and expect positive results. You can't plant apple seeds and expect oranges.

你或许听过这样的说法：能量会自动流向你关注的地方。无论你关注什么，它都会发展扩大，没错，万事万物都有能量，而且相似的能量场会互相吸引。如果你平时一直输出负能量，那就不能指望得到积极的结果，就像是你不能种下苹果种子后，却期望收获橘子一样。

Likewise, you can't dwell on failure and produce a successful result. If you are constantly thinking about the things you don’t want to happen or the things you fear, you are planting that seed, and based on the universal law of reaping and sowing , it must germinate.

同样的，你不能总想着失败，却得到成功的结果。如果你不停地想着那些你不希望发生或者你惧怕的事情，那你就是在播种这样的种子，基于播种收获的宇宙法则，你想着的那些不好的事情一定会在你的生活中生根发芽。

The mind or human consciousness seems to be literally connected to the fabric of reality. Think about something long enough and strong enough, it has no choice but to eventually appear. Quantum physics gives credence to this idea, time and time again the double-slit experiment has proved that a conscious observer is literally creating reality.

人类的大脑和意识似乎的确是与现实紧密相连的。想想那些特别长或特别强壮的东西，它除了出现，别无选择。量子物理提高了这个观点的可信度，一次次的双缝实验证明了有意识的观察者确实创造了现实。

There are six words that I want you to memorize and stamp on your heart. These words will remind you to straighten up and think right. These words are: “You become what you think about”.

我希望你记住这几个字，并将它们铭记于心。这几个字会提醒你纠正此前的想法，并正确地思考。它们是：“你平时的所思所想，决定了你以后会变成怎样的人。”

1.**put out**

 伸出；发布；

2.**negative energy**

  负能量；

3.**likewise**

  同样地；

4.**dwell on**

  沉溺于；细想；详述；

5.**constantly**

  不断地；时常地；

6.**germinate**['dʒɜːmɪneɪt]

  发芽；生长；

7.**human consciousness**

  人类的意识；

8.**literally**

  确实地；不夸张地；

9.**the fabric of reality**

  真实世界的脉络；现实；

10.**it has no choice but to do**

  别无选择，只能做…；

11.**Quantum physics**

  量子物理学；量子力学；

12.**credence**['kriːd(ə)ns]

  信任；凭证；

13.**time and time again**

  一次又一次；多次，不断地；

14.**double-slit experiment**

  双缝实验；

15.**stamp on your heart**

  铭记在心；

16.**straighten up**

  改正；好转；