

Have You Ever Thought About Your Thoughts?

The world we have created is a product of our thinking; it cannot be changed without changing our thinking.

- Albert Einstein

Before going deeper, let's first understand what the thoughts are.

Thoughts are our perceptions, opinions, ideas, actions, and beliefs about the world. It acts as a filter for how we perceive our inner and outside world. Thoughts can become things. If you start visualizing and emotionalizing it, eventually, you will be actualizing it.

Your long-lasting thoughts can become either your limiting beliefs or empowering ones. So, be careful of what kind of thoughts you are seeding in your mind. While thoughts are purely made by life

experiences, societies & surroundings we live in, our upbringing, genetics, and education, they are still under conscious control. Those are different for different kinds of people. In other words, if you are aware of your thoughts and beliefs, you can choose to change them, and when you know about the power of your thoughts, you will surely do that.

Understanding How Thoughts Become Things

TFBA - Thought, Feeling, Belief, Action

Thoughts, in and of themselves, have no power - it's only when we actively **feel** our thoughts. After feeling, we start **believing** in them. And once we believe them, we take necessary **action**, and that is when our thoughts become things.

For example, if you regularly engage with the Thought that you're a failure and keep feeling it, that becomes your belief, and your actions show that belief.

YOUR THOUGHTS HAVE POWER

At that moment, how do you feel emotionally? You become depressed, less motivated, stressed, and frustrated.

And how does your body react to this? You sulk down, slump your shoulders, and project no confidence.

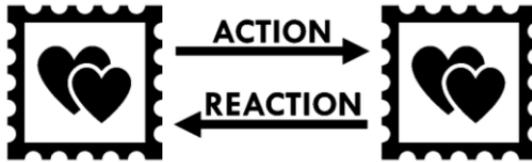
But if you engage with more empowering thoughts, they would boost your confidence and thus trigger a more positive emotional state, and you become relaxed, motivated, happy & cheerful. That is shown in your body: You stand up straight, upbeat, and energized.



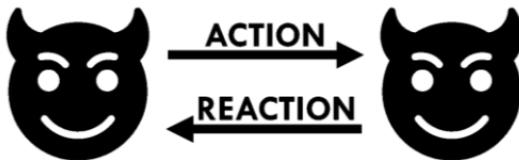
Thoughts & Newton's 3rd Law - The Law of Action and Reaction

As per Newton's 3rd law, every action has an equal and opposite reaction. Since our thoughts are made of energy, the same rule applies to them. So, be careful of your thoughts! Whatever you send out of your mind comes back to you. Every Thought you think is a boomerang.

It's as simple as this. If you are love, you attract love.



If you hurt someone, you will be hurt by someone.



The Ultimate Power of Your Thoughts

Dr. John Demartini, a professional speaker, author, and business consultant, says: "We've known in the healing arts of a

placebo effect. A placebo is something that supposedly has no impact and no effect on the body, like a sugar pill. You tell the patient that this is just as effective, and what happens is the placebo sometimes has the same effect, if not greater effect, than the medication that is supposed to be designed for that effect. They have found out that the human mind is the biggest factor in the healing arts, sometimes more so than the medication."

Placebo gives incredible results, just like natural medicine or more than that. When giving an injection, we tell the patient that it's a very effective and powerful medicine, and it will immediately provide results to you. Now here comes the power of thoughts, and the patient starts seeing the positive results in their body. Scientists have proven that the power of thoughts has a tremendous impact on our body.

Placebo is very powerful because patients think and believe it is a natural medicine, so what they

think is what they get. This way, they get a positive impact on their bodies.

The placebo effect is one of the least understood phenomena in modern science, yet it is something that prevails time and time again. It is literal proof that we humans can heal and create something solely based on our thoughts and belief.

If that is true, imagine how much more we would be capable of it if we learned and practiced regularly.

Can You Believe Your Thoughts Can Travel & Impact Many Lives?

During the recent **Russia & Ukraine War (24 February 2022)**, many spiritual organizations performed mass meditation because they knew the power of thoughts. They knew that thoughts could travel lightning-fast from one heart to another. They knew that if we think negatively about the war situation, it will only aggravate the situation and attract even more negative vibes. Many of you might have heard that they asked everyone to send

good vibrations to each other and keep doing prayers during that challenging time. It was very-very critical to send powerful positive thoughts during that time.

Do you sometimes experience if we think negatively about a person and observe that they start behaving negatively? It is because the thoughts can travel lightning-fast from one heart to another.

Let me share one of my personal experiences that will prove how thoughts travel from one heart to another.

Three years back, i.e., in 2019, some misunderstanding happened between **Rohit** (one of my good friends) and me, and we stopped talking for about a year. We thought we would never speak again with each other. After a year, I realized that we both were hurt and sent negative thoughts & vibes to each other, exchanging even more negative energies. After realizing this, I consciously started sending positive thoughts & vibes to him daily for about 2-3 months, and you

will be amazed to know the power of thoughts that we are now good friends again!

Now I want you to experience some fantastic stuff. I'm sure you will go crazy after that, and you will feel the power of thoughts. Are you ready for that?

Imagine your favorite food and think as if it is in front of your eyes, listen to its crunchy voice, smell it, eat it and feel its yummy taste. Now you must realize the power of thoughts and how powerful they are.

Let us take one more example, just think about lemon. Cut, smell, and taste it. What do you experience? What is happening in your mouth? You are literally feeling the taste of sourness. Isn't it? Where is the lemon now? This is the magical power of thoughts!

Points Worth Remembering

- Your long-lasting thoughts can become either your limiting beliefs or empowering ones. So, be careful of what kind of thoughts you are seeding in your mind.

YOUR THOUGHTS HAVE POWER

- If you are aware of your thoughts and beliefs, you can choose to change them, and when you know about the power of your thoughts, you will surely do that.
- If you regularly engage with the thought that you're a failure and keep feeling it, that becomes your belief.
- Every thought you think is a boomerang.
- The thoughts can travel lightning-fast from one heart to another.

Thoughts Connect Our Mind With The Universe

All the powers in the Universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.

- Swami Vivekananda

Understanding Various Levels of Mind

Have you ever thought about the most potent and valuable powers you possess? Yes, it's the "**mind Power.**" Together with your imagination, this power can create success or failure, happiness or sadness, opportunities or problems. It all depends on your mindset. And do you know what the main ingredients of this power are? Yes, it's "**Your Thoughts.**". When you add focus and emotions to thoughts, they become powerful and affect your reality.

It is essential to understand that different behavior and personalities are derived from the constant and unique interaction of conflicting psychological forces that operate at three levels of awareness: conscious, subconscious, and unconscious.

The Conscious Level is determined by what you are currently aware of and thinking about. It is somewhat compared to short-term memory and is limited in capacity. Your awareness of yourself and the world around you is part of your consciousness. It is the aspect of our mental processing that we can think and talk about rationally.

The Subconscious Level defines all our reactions, emotions, and automatic actions we can become aware of if we think about them. Otherwise, we keep performing activities without even being aware of them. For example, our ability to drive a motorcycle: once we get skilled, we stop thinking about which gears to use, when to apply the brake, how to increase the speed, or when to decrease the acceleration; yet can always become aware of what was done once we think about it.

One more example of our body, the body is functioning subconsciously like our heartbeat, our digestive system, our breathing process, etc.

Your subconscious mind accepts what is imposed on it or what you consciously think.

It does not ask questions or want to reason like your conscious mind; it does not argue also.

Your subconscious mind is an innocent mind that accepts any thought, positive or negative, good or bad.

Negative, destructive thoughts will continue to work negatively on your subconscious mind & you will see in your outer experiences in due time. The subconscious mind will not question; it just responds to the nature of your thoughts.

For example, if you consciously think that you are not good enough, even though it may be false, your subconscious mind will start believing it true & proceed to bring the results according to your thoughts and beliefs.