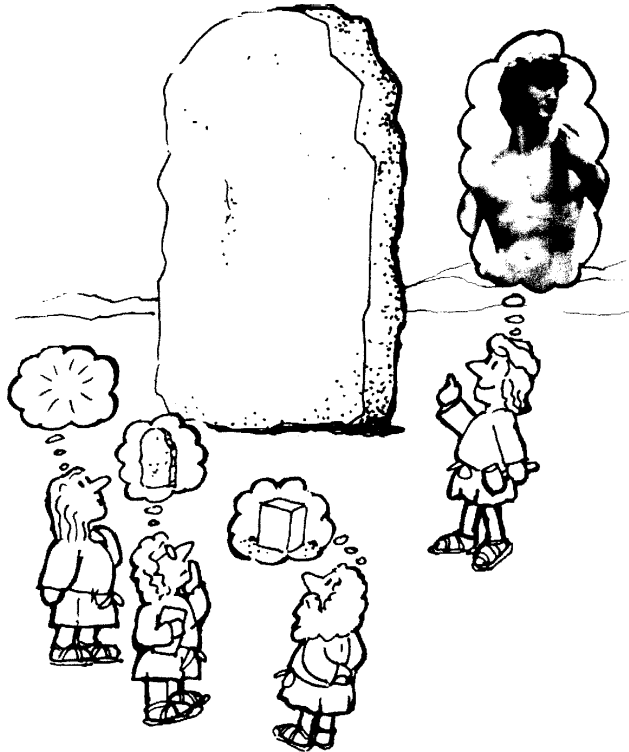


# The Mysterious Power of Thought

by David Swindley



*If you are a science fiction fan, as I am, you'll be no stranger to alien life-forms from other worlds who can move objects around, transform themselves chameleon-like into many different forms and imprison their enemies in invisible jails formed of nothing more than thought energy alone. Sounds fantastic doesn't it? And yet equally amazing things happen here on Earth. Matthew Manning, the Spiritual Healer, is said to have once turned an electric light on and off using the power of his mind, and even this is trivial compared with some of the feats of the Masters of the East. What is this power they're tapping into? Is it available for all of us?*

I believe it is, and most of us are using it all the time without realising it. The only difference is, it's less dramatic and takes a little longer. Even as you read, your thoughts are directing your actions and

what will happen to you in the future. Just consider for a moment:

\* Experiments using high-tech biofeedback equipment have demonstrated that every thought you think affects every

cell of your body. You don't need sophisticated devices to prove it though: try this with a friend:

Ask him or her to stand up and raise their strongest arm horizontally, then say, silently, under their breath, 'I am a weak and unworthy person,' ten times. Now try to push the arm down whilst they resist. Then ask them to raise their weakest arm and repeat 'I am a strong and worthy person' ten times. Now try to push the arm down. What happens?

You will find that the arm collapses weakly after the negative statement, but is rock-solid after the positive affirmation. In essence, your thoughts have sent a message through your nervous system to your muscles, and they can't help but respond.

\* Your thoughts affect other people. You are surrounded by a field of electromagnetic energy, your aura, which changes in size, shape and colour according to your thoughts. Happy, positive thoughts expand it and make it glow brighter and change colour. Unhappy, negative thoughts cause it to contract and take on a greyish hue. Other people, not necessarily the gifted psychics who can actually see the aura, can sense another's feelings through their aura. Hence your unspoken thoughts can attract or repel other people!

\* Every emotion you have ever experienced began as a thought. Your dominant thoughts are programmed into the unconscious mind and become locked into the nervous system. Think confident thoughts, and you feel confident. Think angry thoughts and you feel angry. It is simply not true that emotions happen to us in a random and uncontrolled way; we create them by choosing our thoughts. Top sports stars are very well aware of this. They know that if they allow their emotions to run amok, they will disempower themselves and ultimately concede the match. They are among the

most adept at using their thoughts to manage their emotional states.

There's no getting away from it: thoughts have energy. But what is the source of this energy? To get an answer to this important question we must delve for a moment into the world of metaphysics. Every culture in the world believes that there is some great universal source of wisdom influencing the course of events. God, Krishna, Jehovah, Allah, the Great Spirit - whatever you call it, or believe it to be, doesn't matter, as long as it works for you. All the great religions define our purpose on Earth to be the expression of this universal intelligence, to channel its energy and bring out the potential within us.

The reason why negative thought energies are so detrimental to our well-being is that they frustrate the universal forces that can create a happy, healthy and successful life. They keep our true potential trapped in a mental prison of our own making.

Over three decades ago, Earl Nightingale spelt out the secret of life in six words - "You become what you think about." It wasn't an original idea; philosophers down the ages have disagreed on many things, but never this. "A man's life is what his thoughts make of it," said Marcus Aurelius. "As a man thinketh in his heart, so is he," according to Proverbs, 23.7, and "We are what we think, all that we are arises with our thoughts," said the Buddha, "with our thoughts, we make the world."

In other words, you are constantly creating your circumstances by the way you think. It's as if you had a guided missile in your unconscious that relentlessly directs you towards its target, and the target is whatever your thoughts dwell on. Think doom and gloom, and that's what you'll get. Focus on happiness and optimism, and they're already yours. Why?

The answer lies in the Universal Law of Cause and Effect. It states that there is no such thing as an accident, that nothing ever happens without reason and, as Emerson said, "The ancestor of every action is a thought." Like gravity, it makes no difference whether you believe in this Law or not, it still operates. Gravity will pull you earthwards whatever your opinion on the matter. Similarly, your thoughts shape your destiny even if you're totally oblivious to the fact.

Think about it for a moment. Can you think of a single human achievement that did not originate as a thought? You can't. It's impossible. Every great invention and work of art, sending men to the moon...all began with a single thought in someone's mind. You can't stretch your nose or tie your shoelaces without first thinking about it, consciously or unconsciously, even if only for a fraction of a second. Thoughts are the source of everything. It's a kind of chain reaction. An ancient Chinese proverb puts it like this:

Sow a thought - reap an action. Sow an action - reap a habit. Sow a habit - reap a character. Sow a character - reap a destiny.

Whether you like it or not, your past thinking has brought you to where you are now, and every thought from this moment on will shape your future. All this leads to an inescapable conclusion: you take control of your life by taking control of your thoughts. If you don't control them, they're going to control you.

"But surely," you might say, "You can't change your thoughts. They float in and out of my head as they see fit." If this is your opinion, you're kidding yourself. You're right that thousands of thoughts float into your mind every day, but you always have choice: whether to hold onto them, or release them. If you don't want a particular thought, you can consciously and deliberately change it. If you don't, it

will seep through into the unconscious, and keep coming back to haunt you. So programme negative thoughts out of your life. Simply stop thinking negatively.

Thoughts are things with tremendous power. As Marcia Grad wrote, "as long as you keep thinking as you've been thinking you'll keep feeling as you've been feeling, doing as you've been doing, and getting what you've been getting." Everything you do to improve the quality of your thoughts improves the quality of your life. Here are a few tips to get you started.

### **1. Be Mindful**

Mindfulness means developing the habit of stepping back and observing your thoughts, consciously directing your mind inward. Just pay attention and take note. Isolate any destructive words and phrases. It's especially beneficial when your mind and body are relaxed, then you can simply watch the thoughts floating in and out of your head and quietly replace any that are not contributing to your welfare.

### **2. Get Rid of Negative Thoughts**

The technique for eliminating negative thoughts is called 'Conscious Thought Stopping.' It's so straightforward you may think it sounds too simplistic, but it works. It consists of stopping negative thoughts dead in their tracks before they can cause permanent damage. This is how you do it:

As soon as you become aware of a negative thought, say "Stop! Go away! Cancel!" and do something physical, like clapping your hands or pinching yourself. You can also, in your mind's eye, imagine closing a book, a symbolic gesture that that's the end of it.

After a while, thought stopping becomes automatic. Warning bells sound as your 'negative thinking alert' swings into action. Eventually it will become unnecessary, because negative thoughts will learn that they are unwelcome and they won't even

bother entering your head once they know they'll be firmly dealt with. Your aim is positive thinking without having to think about it.

### 3. Feed in the Positives

The most straightforward replacement is the exact opposite of the destructive thought you've just removed. For instance, replace 'I can't .....' with 'I can .....' and 'I'm not .....' with 'I am ....' Don't worry if a little voice in your head pipes up: 'don't be silly, of course you can't, whom do you think you're trying to kid?' Just ignore it. It's your conditioned mind trying to hang on to old habits. It may be necessary to suspend disbelief until your new thinking pattern is established.

If you can't come up with an instant replacement, try reciting your favourite affirmations, or some powerful, 'off the shelf' ones such as 'I like myself' or 'I am a strong and worthy person'. Everyone has their own favourite words, so be mindful of your language and experiment a bit. Which expressions make you feel good? Which substitutions work for you? Remember the one maxim, 'Never say anything, either to yourself or out loud, that you don't sincerely want to be true.'

### 4. Keep At It And Enjoy The Results

You can't ignore it, you're surrounded by people who take a pride in pouring cold water of anything that smacks of enthusiasm, optimism and positivity, who wallow in an 'Isn't it awful' mentality. It is deeply engrained into our national life. For instance, TV newsreader Martyn Lewis recently made an impassioned plea for more good news on television. "We consign viewers to growing up in a relentless culture of negativity, of naturally expecting things to go wrong, and finding it ever harder to believe that anything in life is achievable," he said. Reactions to his speech among his fellow journalists ranged

from mild support to utter contempt. "He wants to sanitise the news," said one, convinced that Lewis wanted to follow the lead of the Soviet news bulletins which would lead with stories about record carrot crops rather than explore the true political situation in the country. The fact is, newspaper sales reflect the national mood, and good news doesn't sell newspapers.

So you'll have to be vigilant. You can take a person away from their normal environment, teach them to think and act positively and watch an astonishing transformation take place, then see it evaporate when they return home. You won't be able to change anyone else, of course, but it may be wise to minimise your contacts with the doom and gloom merchants until your new thinking patterns are well installed. The rewards are well worth it, because you can only have a happy and enjoyable life by thinking happy and enjoyable thoughts. There is no other way. And you're unlikely to make a success at anything important, including your own spiritual growth, unless you can connect to the Universal Intelligence, by removing the main blockage - negative thoughts. As Henry George so aptly put it, "Unless there be correct thought, there cannot be correct action, and when there is correct thought, right action will follow."

Taking charge of our thoughts is a decision, probably the most important we could ever take. We all need to realise that personal transformation cannot take place unless we do.

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