

Thoughts are powerful



Chaitanya Charan Das

If you think you can, and if you think you can't, in both cases, you are right. This pithy saying illustrates not just the power of attitude, but also a scientific and spiritual truth. One of the most significant scientific developments of the last century was the discovery that our thoughts can both hurt and heal us. Psychosomatic illnesses as well as phobias illustrate the power of thoughts to negatively influence the body. Placebo effect - the surprising medical observation that patients who believe that they are under proper medication recover even if administered just sugar pills - signifies that thoughts can activate healing.

Spiritual knowledge enables us to go far beyond positive perception of reality to perception of positive reality. Nothing illustrates the often-overlooked limitation of positive thinking more than the greatest and the most neglected truth of life: death. If a loved one passes away, will positive thinking bring back that person? If an incurable disease afflicts us, will positive thinking save us from imminent death?

Spiritual positive thinking enables us to understand and harmonise with the spiritual positive purpose of our existence. We are all souls, spiritual beings,

beloved children of God and are entitled to rejoice in eternal loving exchanges with Him. The truly positive purpose of our present human lives is to awaken our dormant love for God, experience His unlimited love for us and ultimately return to His everlasting abode of ever-increasing bliss. Spiritual enlightenment blesses us with the vision to see all events in our life as expression of God's love for us. Spiritual empowerment enables us to choose our actions so that they become expressions of our love for Him. The Bhagavad-gita declares constant devotional meditation on God, Krishna, as the pinnacle in the evolution of human thinking. We can progress towards this evolution in divine thought by chanting the bona fide Holy Names of God like Jehovah, Allah and Krishna.

God being omnipotent fully manifests Himself in His Names and gives us the strength to reject negative and waste thoughts and fills our mind with positive spiritual thoughts. And spiritual positive thinking transforms death into a doorway to eternal life. Hence cultivating loving thoughts for loving God is the ultimate key for tapping the power of thoughts.

(The author is a spiritual teacher at ISKCON, Pune)

THE INTELLIGENT PRAYER

Let's pray not just to get the best result, but also to give the best effort. Let's also pray to be given the intelligence to make the best of what we get.

Our happiness depends not so much on what we get, but on what we do with what we get.

God helps those who help themselves - by accepting the form in which He sends His help.

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FAITH WINS THE DAY

God often breaks things to make them better. He breaks clouds to give rains, breaks soil to give grains, breaks grains to give bread and breaks bread to give nourishment. Similarly He sometimes has to break our plans for short-term material enjoyment to enrich us with long-term spiritual fulfillment. Those who maintain their FAITH (Full Acceptance In The Heart) in God become better, not bitter, on going through reversals.

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