

## Lesson 122: The Importance of Managing Thoughts

### Part 1

Although the fundamental principles of managing thoughts are no longer relegated to esoteric mysticism, many people are still unaware of the importance of managing their thoughts and the consequences thereof. The individual and collective affect of unawareness or the refusal to accept forward moving change acts as an anchor weighing down the individual process of individuation that in turn collectively weighs down the evolutionary process of humanity. Such is the state of affairs as they exist today, chock full of relentless damaging adverse causes and effects few people are willing to take responsibility for individually or collectively. The ancients taught that the same universal laws that govern the cosmos also govern the plane of human behavior. Hence, people not attuned to these natural laws of operation cannot help but get caught up in the illusion and delusion of negative subjective reality, question why they keep suffering perceived misfortunes, blame their misfortunes on others or blame themselves, even blame places and things. Because reality is first created in the thought world, the importance of managing thoughts, just as the ancients taught, cannot be emphasized enough; therefore, the lesson has been divided into two parts.

To understand the importance of managing thoughts is to understand the fundamental nature of the thought world, principles that operate on unseen planes of reality. While it may seem that thoughts come and thoughts go, they do not simply disappear. The nature of thoughts is that they travel across the medium of space and time on the mental plane of reality and as thought is a reciprocal energy, things are called into objective manifestation as a felt experience on the material plane. Those who are not yet aware or choose to disregard the energetic nature of their thoughts do not understand how thoughts are both a cause and an effect. First, is that thoughts are a cause that produce a like kind effect. Second, is that thoughts are an effect of other underlying causes that are influenced internally and externally, the external influencing the internal and the internal influencing the external. Hence, the effects produced as causes are put into motion by way of thoughts are the result of natural laws of operation. Although these reciprocal laws operate on unseen planes of reality and as they correspond to the energy of thought, thoughts become things because like is really attracting like on an invisible plane of reality, sometimes long before the effects are objectively manifested as a personal or collective reality. Just because a like kind attraction is not visible on the surface and as things are seldom as they appear on the surface does not mean a reciprocal attraction is not in the making; hence, the effects that are destined to materialize is just a matter of time. However, outcomes are not fixed but are dependent on a change in thought patterns and thus changes in choices made and decisions acted on.

As these are the same laws that govern the cosmos, they are no respecter of persons either when it comes to how they govern the mental, emotional and physical planes of reality. Inevitably, no person or collective group is ever exempt from the reciprocal laws of cause and effect, commonly thought of as either good or bad karma. It is important to understand that the word karma is Sanskrit for action and as action is the operative word, thoughts acted on eventually become manifested things of a like kind nature. Although karma corresponds with action, hence, causes put into motion producing like kind effects; karma is not about retribution and as such is neither good nor bad though it certainly can feel that way in terms of felt experiences. However, when put in proper perspective, karma is about balancing and rebalancing the effects of causes in ways not generally understood mostly because the balancing affects appear as random and retributive occurring events when in fact there is nothing random or retributive about them, rather they are karmic dots that connect causes to effects, hence are a balancing scale.

As thought does dictate the quality of your life and with thought come the kind of things you really do not want to experience in your reality is reason enough to understand the importance of managing your thoughts. In the words of the Buddha, *“We are what we think. All that we are arises with our thoughts. With our thoughts we remake the world.”* These are not just words; they are inarguable truths, fundamental principles that should be taken into very serious consideration. The fact that you are creating and co-creating your reality by way of your thoughts, thus shaping and reshaping your reality every single day of your life, your thoughts not only affect the quality of your own reality, they also affect the reality of others too, and as one does affect the other, managing your thoughts is very important. It is stated in Romans 12:2 of the KJ Bible, *“...be ye transformed by the renewing of your mind...”* Managing your thoughts is indeed a means of renewing your mind, which includes taking responsibility for the causes and effects you put into motion as you act on your thoughts, more specifically, as you act on the quality of your thoughts. Not being mindful of your own thoughts, more so the quality of them can be very damaging to yourself as well as damaging to others. This is why assessing damage control is not limited to taking stock of how your own reality has been adversely affected whether the result of a cause you put in motion or as the result of an undesirable externally created circumstance or event but is also measured by how the reality of others has been adversely affected too.

Whether positive or negative, all thoughts are a form of measurable energy vibrating on frequencies relative to the energy of that vibration transmitting a signal across the medium of space and time. Because thoughts are reciprocal they are psychically picked up by others vibrating on the same frequency resulting in an exchange of like kind energy not limited by space, time or distance. Thought vibrations can be picked up by those at far distances just as easily as they can be picked up by those in close proximity. Because this reciprocal exchange of like kind attracting energy plays a very important

role when it comes to how it can and often does adversely affect the dynamics of relationships, the matter is also being addressed separately right here on the website (see the page on relationship dynamics).

Now just because you cannot visibly see your thoughts does not mean they are not interacting on invisible planes of reality or that like is not attracting like because it is and is doing so in ways not easily identified much less always understood. The nature of thoughts can be likened to seeds blowing in the wind, as they fall to the ground they take hold germinate and grow. Thoughts take hold on the mental plane where they germinate, eventually producing results on the material plane, positive or negative, desirable or undesirable, favorable or unfavorable. As your thoughts manifest and eventually pass through your current reality, they continue affecting your reality in ways that are not necessarily attributed to your thoughts as causes resulting in effects. However, the fact that your past, present and future is the result of your thoughts is why managing your thoughts and more so the quality of them is so important, after all, you are the maker of your reality and the author of your own story, thus how you write your story is entirely up to you.

The nature of thoughts is that they do not disappear nor do they just affect your current reality. Thoughts exist in a state of unmanifested probabilities, possibilities and potentialities until called into manifested reality by way of the actions you take. Whether concentrated thought or the result of the choices and decisions you make, the affect is that certain events are actually predetermined future outcomes, of course altered by changes, those you do not have control of and those you do, such as a shift in your thinking and any subsequent actions taken thereafter. As your thoughts give way to powerful intentions, the mental energy sets a cause in motion that depending on other contributing factors produces a like kind result, remembering that this is a reciprocal energy which doesn't just involve you but involves who and what you attract into your reality as a result. As your beliefs align strongly with your thoughts, likewise the stronger the vibrations, the faster things will manifest in your reality. As the laws of nature are no respecter of person's, no one is ever exempt from the effects from the causes put into motion. However, not all results manifest right away. Sometimes other pieces of the puzzle need to fall into place, which is where synchronicity enters into the picture, as does the ever-important factor of time which plays an important role in how predetermined outcomes fall into place, when, where how and even why. Although external influences are to some extent out of your control, the more attuned you are to a higher knowing, the more you sense your steps being directed from within, and as synchronicity plays out, time will do for you what you cannot do for yourself.

Although the nature of your personal reality is essentially predetermined, hence pre-destined as the result of the causes you put in motion based on the actions you take by way of the choices and decisions you make or don't make, which incidentally is still a

choice, your reality is not as out of your control as you may think. Even though the principle of cause and effect and predeterminism are relative in ways not easily understood, not all is lost to the unseen laws of nature that sometimes appear to be doling out unfair, unreasonable, undesirable, unfavorable punishing karmic effects. Given the certainty of cause and effect, self-mastery is the key to getting a grip on your reality, which begins with self-discipline. Self-discipline is the product of increased awareness that comes about from a higher level of knowing that has the power to change the course of certain events in your reality, hence has the power to change the direction of your life. Many people can attest to having experienced subtle or life altering changes in their lives by being more profoundly aware. Thus, the more aware you are of things as they really exist, not as they appear on the surface, which is very limiting and even damaging, the more self-disciplined you are. Likewise, the more self-disciplined, the more you are able to manage your thoughts as well as your emotions and as you develop self-mastery, cause and effect are affected in a relative way, not so much about producing more positive results, rather is more about being better equipped to manage undesirable situations and doing so without losing emotional control.

Emotions play a very important role in affecting outcomes. The wheel of cause and effect is no less in motion when it comes to the matter of emotions as it is with thoughts. To the degree that emotions are felt, expressed and more importantly acted on or responded to guarantees a predetermined outcome because like is after all attracting like. However, as untrained thought patterns and unbalanced emotions are the byproducts of unawareness, which is the result of not knowing the right things, acquiring the art of mastering thoughts and emotions can be quite challenging without the right tools. Unfortunately, knowing the right things doesn't just show up on your radar, it's a learning process often provoked under times of duress that sometimes comes at a hefty cost to yourself and even those in close proximity until the lessons are learned and further enhanced over time. As you learn how to master your thoughts as well as your emotions as opposed to being mastered by these very strong internal influences, you cannot help but master the nature of your personal reality even when adversity strikes which you do by making every effort to be proactive rather than reactive. Understanding the difference between being proactive versus being reactive is very important because these are very different energies thereby producing very different results, the latter not so desirable. Given that environmental influences can have an adverse affect on your reality and can even threaten your wellbeing in some manner of speaking, your reactions can be far more damaging and likewise far more costly than the adversity itself, which is exactly why controlling your thoughts and your emotions is essential to not making matters worse.

The problem with being unaware of things that really matters is that this narrowed down; hence, little picture thinking triggers unhelpful reactionary responses to situations that require big picture thinking which of course requires clarity of mind and

balanced emotions. Little picture thinking is not only limiting, it carries a rather large price tag sorely felt in terms of undesirable experiences manifested in your reality. This is not to say that emotions should not be felt and expressed because they should and is healthy to do so as opposed to suppressing them, which is not the least bit healthy. However, there is a time and a place to feel and express your emotions and as such is very beneficial and even therapeutic, however, that is certainly not the case when clarity of mind is needed which is not possible when your emotions are out of control, hence are not thinking clearly. Just as your emotions and emotional reactions can fence you in, whereby you experience things you do not want to experience and even more of it because like just keeps attracting more like, the same is true of limited thoughts backed by erroneous beliefs. As these limitations do not stand alone, with them comes the tendency to blame people, places and even things when adverse situations arise, erroneously perceived as “misfortunes” rather than effects of causes regardless of who or what put them into motion. The fact of the matter is that there are no real misfortunes per se. Regardless of who sets the wheel of causes in motion there are only results, effects proportionate to the causes that relate to the quality of thoughts acted on. Thus, when causes are set in motion, reciprocal effects are the consequential results. Whether experienced right away or sometime down the road are nonetheless karmic dots that connect the effects to the causes regardless of who or what set them in motion, thus a non-reactionary state of mind really matters. Reactions in response to thoughts is the energetic force behind the scenes that keeps undesirable effects in circular motion and is why history keeps repeating itself in much the same way until something changes and that something has to be your habituated thought patterns.

As thoughts are creative forces operating from within, they are continually shaping and reshaping the nature of your personal reality every single day and so come the predetermined outcomes. The desire to change the nature of your reality must come from within, if for no other reason than the desire to change the quality of your experiences. However, before you can change anything about yourself or your reality, you first have to know what needs to be changed. Although searching for the proverbial needle in the haystack is not wasted effort, it does take time to discover what things about yourself needs to change, which you will find relates to your thinking before it relates to your doing or not doing as the case may be. Change that comes by way of increased awareness, self-discipline and consequently self-mastery is how you stop the suffering, which is in keeping with the fundamentals of the Buddha’s Four Noble Principles (see Lesson 121). Change is not easy because it requires diligent awareness, which means that you must make every effort to be aware of how and why you construct certain thought patterns that over time become habituated reactionary responses triggered by strong emotions in response to environmental influences. This includes the actions you take or do not take as well as the choices and decisions others make that adversely impacts your reality. As like will always attract like, thinking good or positive

thoughts is certainly a step in the right direction, however, it takes more than positive thinking to bring about change and the ability to maintain the change. Resolving to be different or do something different without right action is why well-intended resolutions quickly fall by the wayside, which incidentally gets very discouraging and denotes a false sense of failure that can have very damaging short term or long-term effects. Ultimately, change is reliant on constancy of right actions not reactions.

Life is life and with it comes all sorts of adverse influences, those that are actually real and those that are perceived as real but are subjective because they only exist in the mind and the imagination, etched into the circuitry of the brain but only for as long as they are allowed to remain there by continual activation. Although adversities in life are to some extent unavoidable, that is, when they are not self-inflicted, is nonetheless an unwelcomed shift in your reality. The counter to such shifts are not nearly as external as they are internal, hence are reliant on change that comes from within not from without where the real affects take place. The karmic effect of change from within is the rebalancing of your reality that does not always happen at once but rather occurs over the course of time, sometimes more, sometimes less, depending on other contributing factors. Sometimes you just have to buckle up and ride out the storm to an unknown destination. Not only is arriving there full of uncertainties, it can be quite scary. How you get there is a journey all unto itself.

As no two journeys through life are ever the same, yours will be such that it will lead you to the things you need to know to bring about the change or changes you need to affect the quality of your life regardless of any external influences that, incidentally, often serves as the catalyst for change. It is said that change comes about when you get sick and tired of being sick and tired - an axiom that could not be truer. Taking stock of your thoughts is where the journey of self-discovery begins and continues until all the puzzle pieces of your life come together which may take a very long time. For most people the journey of self-discovery is an odyssey of long duration, whereas some people never figure it out in the course of their entire lifetime. Hence, the Buddha's wheel of birth and rebirth goes round and round until the lessons are learned and the karmic scale is balanced. As no one is exempt from the laws of nature, there are no shortcuts; everyone has to climb the ladder of evolution regardless of how many incarnations it takes. The advantage to getting as much knowledge under your karmic belt now is that you suffer less in this lifetime as well as subsequent lifetimes to come having learned very important lessons that carry over from lifetime to lifetime. Karmic carry over's from former life experiences can be brutal, appearing as though there are no objective causes to the effects suffered in this lifetime, not to mention are difficult to trace back to its origins. Conventional psychology is not apt to trace causes and effects to prior life experiences as doing so crosses a very undesirable threshold, erring way to close to spirituality, a bridge that science is only just beginning to take seriously. Thus much is lost in conventional therapies, limited to things as they appear on the surface as opposed

to digging a little deeper. While regression hypnosis is a means of tracing past life causes to present life effects, what is recalled while under hypnosis is not always accurate information as memory can easily be influenced by the interrogating whims of the hypnotist, especially those lacking the right training which can be very damaging.

Although thoughts are generated from within, they are very much influenced by the environment. However, as much as environment is a very strong influencing factor when it comes to establishing thought patterns, the fact that you are not the only person thinking in the whole of the universe is not without its psychic effects. Just as your own thoughts travel through the medium of space, likewise everyone's thoughts are traveling along the same spacetime continuum, transmitting signals on various frequencies as are yours, many of which you pick up on without even knowing and consequently are influenced by and vice versa. Thus, the thoughts you react to or project outward may not be your own thoughts, which is another reason why managing your thoughts is so important, hence, the Socratic axiom, "Know thyself" is relative in this respect. However, before you can manage your thoughts, you first have to distinguish your own thoughts from psychically influenced thoughts which you do by recognizing your own dominate thought patterns. The danger in psychically influenced thoughts, besides the fact that they can be quite damaging to yourself as well as others, is that they produce effects that you experience as felt manifestations no different from the effect of your own thoughts. The outcome is that you suffer the effects no different than you would as the result of your own thoughts. Therefore, being mindful of your own thought patterns is paramount to really "knowing thyself." Unless you know your own thought patterns, you have no way of discerning your own thoughts from those psychically picked up or those externally influenced without being perceptive enough to realize that clearly they are not typical of your own thought patterns. In any event, you must choose whether to allow negative, limiting or disabling thoughts to flow freely through your mind, which on its own is quite capable of conjuring up all sorts of unrealistic scenarios, ultimately the consequence of yours or any influenced thought is no one's responsibility but your own.

The danger with negative thought patterns is that they give way to undesired experiences, the likes of which your mind will be all too happy to store the memory of in your long-term memory bank commonly known as the subconscious. Not to get off track here, but there really is no such thing as a subconscious; there is only one indivisible consciousness. The separation of consciousness is a technical term used to denote that aspect of your consciousness that is not consciously aware that you are aware of your reality in its entirety. Thus, there is no "sub" per se; there is only that which you are most aware of as your brain can only process just so much external stimulus. Hence, the limitations are in your brain, thus limiting the level of your conscious awareness. Thus, the inability of the brain to process unlimited stimulus in conjunction with the mind and the mind acting in conjunction with the brain does not

mean there are no other realities going on all around you because there are, it's just that you are not aware of them occurring and all at once. It would be very overwhelming to experience your brain processing all the stimulus around you all at once, where the past present and future are essentially occurring simultaneously because no real separation of time exists. Eckhart Tolle describes clock time as a human necessity as are events divided into segments of time, otherwise reality would be a blur of seemingly disjointed events all happening at once.

In as much as such stored memories are out of sight does not mean they are out of mind. Your brain is instrumental in forming and acting on habituated thought patterns, as are the cells, organs and bones in your body. In fact, every part of your being is in constant communication with one another, scientifically described in *Molecules of Emotion* by Candace B. Pert, Ph.D., and all those who have followed in her scientific footsteps, this being the very same knowledge once taught by the ancients. Ultimately, you must choose the quality of your thoughts, bearing in mind that even as they move through your reality, they set causes in motion, the effects of which you either wish to experience or would rather not experience, either way the responsibility rests squarely on your own shoulders. Regardless of who or what has influenced your thoughts, no one else is to blame for the nature of your thoughts nor the causes and effects they produce because you can make choices about them once you understand the fundamental importance of managing your thoughts.

Part 2 follows...