

Lesson 122: The Importance of Managing Thoughts

Part 2

The nature of thoughts is that they are circular and as such, thoughts generate attitude and attitude generates thoughts. Thus, your state of mind has everything to do with the quality of your thoughts being positive or negative. Not only do your thoughts affect your attitude, they form your beliefs and as what you believe governs your reality, when your beliefs do not align with your thoughts the opposing affect cancels out desired results. Beliefs are the foundation of everything that comes next, starting with your belief in yourself, which of course speaks to the level of your self-worth as well as your self-esteem. Thus, if your beliefs do not support your self-worth and self-esteem, actually realizing your dreams and achieving your goals will not come easy. However, that does not mean you should not try anyway. Reaching for that measure of personal success requires determination, which requires effort. Pushing through obstacles might just be the very catalyst you need to break through the wall of conditioned or self-imposed limitations, which means breaking through the barriers of limited or negative thinking.

As thoughts and beliefs are also circular in that thoughts support beliefs and beliefs supports thoughts, together they drive passions and purpose, which are hard pressed to actualize with negative, limiting or disabling thinking, which typically runs along the lines of believing you are not good enough or not worthy enough to achieve your desired measure of success. Once again, the problem of not knowing the right information rears up and with it comes all its damaging effects. What is important to know is that interacting influences from the environment are unavoidable especially those experienced early in life which played a very significant role in shaping your thought patterns as well as forming your belief structures, many of which are taken at face value, hence are unexamined giving no thought to how worthless or damaging they really are. If you've had the experience of being judged or criticized by someone of authority, such as a parent or a teacher who said you were not good enough or smart enough to succeed in your desired endeavor or in any endeavor for that matter, were not only negative thoughts wrongly projected at you, the psychological effects can last a lifetime.

Depending on the strength of your character and the level of your sensitivity, insulting derogatory words can weave through the fabric of your being as if they were absolute truths that when digested internally is where the most damage occurs. Whether or not you recall these life altering experiences, the impress is indelibly marked in your psyche, outwardly expressed in archetypal forms, often wreaking a fair amount of havoc in your reality until the root of the problem is identified and resolved accordingly. Hence, you may spend a good part of your life suffering the consequences of a long ago event whether you remember it or not. Even if you do recall the event, you may not know to

connect the causes to the effects, is why people often seek outside help or rely on sources or resources that can help them identify the originating cause when it is possible to do so. As most people know, a journey of self-discovery is not an easy endeavor. Hence, few dare to embark on this path and those who do often give up long before they reach the goal. Thus the attainment of their freedom and inner healing in the way it applies to their circumstances is not reached, which is very unfortunate because it only prolongs the suffering from ongoing undesirable like kind circumstances and events.

As passion and purpose are dependent on your outlook on life and as your outlook on life is upheld by your feelings, beliefs and perspectives, including your expectations, and given that thoughts rule your reality and determine your experiences, should be more than enough reason to examine the influences that shape your thoughts and form your beliefs. When these influences are not examined, whether by way of self-introspection or outside help leaves very little opportunity to alter, modify, correct, eliminate or do whatever it takes to remove the mental obstacles that stand in your way. Thus, paying close attention to your thoughts, especially habituated patterns of thinking, acting and reacting is crucial to changing all or desired aspects of your reality as well as to maintain the change. The desire to fulfill a purpose in your life would be difficult to discern when your thought patterns and beliefs are to the contrary, thus your overall outlook on life will be counter-productive. So once again, thoughts play an important role when it comes to understanding the purpose for your life, the mission you may be here to fulfill and how you can best go about fulfilling that purpose in the way you are most fitted to do.

Everything that comes along one way or another, directly or indirectly is the result of your thoughts. Likewise, your attitude, which is affected by your thoughts, in turn affects your feelings, beliefs and perceptions, intentions, passions, purpose, behaviors and expectations. When your thoughts fail to produce desirable results, the problem is not necessarily caused by the influence of other people, places or things; the problem lies with you, more specifically the problem lies within you. Change requires internal transformation, the renewing of your mind, which precedes any external changes that are temporary at best. Thus, learning how to manage your thoughts is important because doing so affects the changes you wish to experience. The more aware you are of your dominate thoughts and the kind of results they keep producing, the more you are empowered to change how you experience your reality even in response to adverse situations, circumstances and events, all of which requires awareness, self-discipline and ultimately self-mastery of your thoughts as well as your emotions.

Thoughts rule your world and as such, you might want to give this truth some serious consideration. People are sometimes misled, thinking they have no say when it comes to what they experience in their reality, as if they are powerless or overpowered by some unseen force working against them. The only unseen force at work here is the one that

is operating within you that when left unexamined can certainly overpower your own desires and intentions, appearing to work against you rather than for you. You simply cannot manifest anything in your reality that did not first begin with a thought. Even an image in your mind, a vision or an idea is a thought form and as such, thought takes it to the next step, which is to call it into manifested reality by acting on the image, vision or idea. It is important to understand that ideas, visions and images do not come out of nowhere nor do they arise without a purpose or intention. As reality does not exist on the material plane only, the origin of an idea, image or vision may be an unknown factor in the equation but in no way implies that it had to originate in this reality or even in this lifetime. The inspiration to call something specific into manifestation could very well be associated with a dream you did not realize, a goal you did not achieve or a purpose you did not fulfill in a past lifetime that nonetheless has resurfaced once again, intending to be objectively realized in this lifetime.

Whether you realize it or not, your thoughts are not having a say or two in what goes on in your reality, they are the say and as such, they are the unseen forces operating within you. Thoughts rule every aspect of your life because they operate on the psychological, mental, emotional, physical and spiritual planes of your being but the story does not end there. Just as thoughts rule your occupation, vocation or career and the success or failure of your endeavors, likewise, thoughts rule your relationships and the quality of them. Hence, thoughts rule the dynamics between you and the people you associate with and vice versa. The proof is self-evident and is easily experienced such as when someone walks into a room and the mood of that person literally affects the collective mood of everyone else in the room positively or negatively. Such is the same with your own moods which too are triggered by positive or negative thoughts.

Your thoughts and the quality of them can take you into the worst of self-made hells that inevitably results in suffering in some manner of speaking or they can take you to places of tranquility, serenity, peacefulness, happiness, health and well-being, as well as measures of personal success. Thoughts can make you feel victimized or plague you with feelings of fear and worry fueled by self-doubt. Thoughts can undermine, paralyze and even sabotage your efforts or they can inspire you to reach higher, to attain new heights. These are all examples of how thoughts rule your world from both sides of the coin, positive or negative, desirable or undesirable and may be aspects of your reality you may not have considered until now.

As the karmic dots really do connect causes to effects, likewise changing the nature of your thoughts changes the nature of your reality. However, as your reality is the product of your well established thought patterns and the fact that it took time to get to where you are today, your reality is not likely to change on a dime but will change over time. How much time depends on how well you integrate new knowledge into the fabric of your day to day reality and more importantly how willing you are to abide by principles

that fundamentally speaking are immutable laws of operation in that they produce results whether to your liking or not. You simply cannot run up against these laws of operation and expect to win while acting counter to their method of operation. The key to bringing about lasting change relies on your ability to be consistently aware of your thought patterns as well as how they are affecting the nature of your personal reality.

The problem with the kind of thoughts that are ruling your life and thus are affecting your reality in undesirable ways is that they keep you in reactive mode, always acting and reacting to external triggers that are more often a matter of distorted perceptions than they are actual events objectively experienced, which is not the same as subjective interpretations. The affect is that you and your reality become one with your thought patterns as if your thought patterns are you and you are your thought patterns, in which case there is no sense of separation between you and your thoughts. It is as though you are fused to your thought patterns, leaving you nowhere to go but to continue acting and reacting to your thoughts without regard to the consequences, that incidentally, are not the fault of others.

The responsibility for bringing about change is not external, it is not found “out there” nor is it found “up there.” Change is internal because it first occurs from within, not from without. Changing the way you think is a choice that only you can make. Ultimately it is up to you to habituate new thought patterns that serve you well, lest you resort to the same destructive thought patterns and behaviors you are already too well acquainted with or worse yet habituate new ones that are equally negative and equally damaging. Such a change is not an overnight success, there are no potions nor are there any magic wands or petitions that will change the nature of your own thoughts, you must change them for yourself. Just as forming new habits of thinking, acting and reacting takes time, likewise, change takes time too; there are no quantum leaps.

It all boils down to taking stock of how you think that in turn results in desirable or undesirable consequences. Learning how to manage your thoughts by first identifying your own thought patterns, even if you cannot identify the root cause, perhaps because you cannot recall the triggering event that resulted in all sorts of undesirable effects does not mean that you cannot get a grip on your thoughts and the results they produce. You have nothing to lose but have everything to gain, far more than you can imagine because the fundamental law of nature is such that it has to respond in like kind. Eckhart Tolle described thinking as a disease, not because people think wrongly but because they don't always use their minds, which of course implies not managing thoughts. Thus, your mind and consequently your thoughts use you whereby you fall into the erroneous belief that you are your mind, which would indicate that your mind rules you when in fact you should be ruling your mind, not the other way around. Your mind is flexible, hence is always open to new influences. However, it is up to you to

introduce your mind to new influences, thus mapping your mind to a new way of thinking, perceiving and believing.

In closing, it is our hope that you are aware or more aware of how the nature of your thoughts gives way to certain habituated patterns that when left unexamined rules your life and thus rules your reality. The poet, William Ernest Henley, declares at the end of his poem, Invictus, “I am the master of my fate, I am the captain of my soul” (see the full poem below). We encourage you to be the master of your fate and the master of your soul, which is to recognize your habituated thought patterns and hence benefit from managing your thoughts, as your soul longs for this same freedom.

In the spirit of love and enlightenment,

Linda, Z and the Collective We

Invictus

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishment the scroll,
I am the master of my fate,
I am the captain of my soul.

--William Ernest Henley