

## **Positive Thinking begins with Positive Feeling**

While we're inundated with advice ("why don't you start thinking positively..."), suggestions ("try to be positive to achieve your goals..."), even warnings ("beware of negative thoughts, they often manifest easily...") on positive thinking, very often, we struggle with the output. In fact, more often than not, we struggle with the input. So here are some musings on the concept of thought energy and its manifestations.

First things first, there's no point in denying thoughts, even if they are so-called negative. The idea behind the human form is experience – energy experiencing itself, God experiencing God – and so all aspects of experience need to be embraced regardless of how we label it in the human realm. Judgements are the prerogative of the human social form. Where we come from, there is no judgement. Energy simply is. Where we come from is the space that propels our lungs to breathe. Where we come from is the force that makes our knees go weak when we fall in love. Where we come from is the power that senses the presence of those that are not physically present with us.

So one might argue, if the negative does not exist, why would we have a label for it? The labels are tool for us to understand feelings that offer different types of experiences. And so acts, thoughts and feelings that lend us a pleasant experience (pleasing to the human body and intelligence, primarily) are termed positive. The ones that make us feel uncomfortable are labelled negative. The presence of negative helps us understand the positive.

At a practical level, when we talk of using 'positive' thoughts for creating our lives, what we mean is we want to create experiences that we individually and collectively deem pleasant. So can we simply begin by using affirmations, thoughts, visualisations, etc. to the effect? That may be one part of the process. But remember, all these are created by that impish thing between our ears called the brain, that can intelligently help us cheat ourselves. So sometimes, we may not really believe in an outcome, or think it's too unrealistic, and yet mentally rattle off affirmations and hope it comes true. Of course it does not. Because the wishes we chant are not in alignment with our true intent.

Intent is the womb of creation. It is the space that nurtures our thoughts. It is the bridge between energy and non-energy. It is the highway that leads us to ourselves, to God. Therefore, positive thought has to begin with positive intent. Else, the womb of creation simply rejects the foetus of thought. If the thought does not match the intent, the foetus cannot attach itself to the womb and therefore the outcome is aborted, no matter how much we try to feed the foetus using the brain as a mother.

How then, do we mind our intent? For intent is that fleeting moment when thought is born. We are barely aware of it. But we have checks and balances to know if the intent and thought are in alignment. Given that we are aware of our thoughts, let us use that as the instrument. When thought is in alignment with intent, there is no effort required to remind ourselves of it. The thought naturally transmutes itself into the measures required at the

physical or mental level to manifest it into reality. There is no internal struggle. We do not need to push ourselves into doing anything.

When the thought is not the same as intent, we need to constantly remind ourselves of what we need to think. At a practical level, we feel unmotivated, lazy or uncomfortable and keep needing to convince ourselves to do what we need to, in order to fructify the thought. If this happens, it is time to stop pretending that we really intend what we are working towards.

Then the next question is, what do we do if this happens in the context of things that are socially desirable? For example, when we use 'positive thinking' to score well in an examination, or to get a promotion, or to get married? Our social conditioning may dictate that these are supposedly desirable, but do respect your existence as an individual. If the purpose of life was to live as a communal machine, we would be born physically linked to each other. The universe is not flawed in its design. The fact that we are born as physically distinct individuals asserts that we need to use individuality as a tool for communal benefit. The cutting of the umbilical cord at birth is symbolic of the fact that we're linked to others in spirit, but the moment we come into worldly existence, it is time to joyously express the distinct aspect of the One that we are. We gain these experiences separately, and then eventually merge back into the One, enriching the common pool of awareness.

So it does not matter whether what we want is desirable by our family or friends or well-wishers. Each of us is an inextricable part of the One, and we intrinsically know what we are here for. That's why we have instinct, for it helps us access what we already know. Let instinct guide us to shape our intent. Then the thoughts and the actions that follow will naturally create value for self and others, regardless of the social judgements that may be passed against them. May our trust in our existence and its purpose be the beacon that leads us into creation.