

## *THE CREATIVE POWER OF THOUGHT.*



Are you aware of how creative you are? Are you aware that thoughts are things—that they take form in the ethers around us? Did you know that every time we think of something, express it in words, and visualise it with emotion, it is reinforced, and the more we think the same thing, the more energy it holds, until eventually that thought comes back to haunt us? Are you willing to at least entertain the fact that you have, at some level, created everything in your life or attracted it to yourself? That your thoughts, words, beliefs, desires, and past actions all work together to bring about the life you are experiencing right now.

For a millennium, we have been kept in ignorance of the creative power of our thoughts and words, although these days there are countless books available on this subject. Not realising how powerful our thoughts are, we have been led to believe that life just happens to us, that we are victims of unforeseen circumstances, and that we are just lucky or unlucky. But this is not the case, and the more we come to realise this and begin to take responsibility, and stop blaming others for the negative circumstances in our lives, the sooner we will work at creating a world of our liking.

So, let's look at how we create with our thoughts. Every thought is like a boomerang. What we think, believe, love, hate, desire, or fear, what we talk or complain about to others, comes back to us with interest. If we think of someone with thoughts of hate, resentment or fear, a harmful vibration is created in our own bodies first. The thought then goes to the person we are thinking about, and they respond, perhaps unconsciously, and maybe start thinking about us with resentment, and then that thought returns to us with their added force. When we focus on another's faults with fear or resentment and continue to feel irritation in their presence, we reinforce that behaviour pattern in

them, making them behave exactly the way we expected. It becomes a vicious circle. Coupled with that, we put toxins into our own minds and bodies. *Our thinking and words create what we like and dislike.* Our sub-conscious mind does not judge. If we allow it, it simply governs our lives mechanically, by giving us what it thinks we think and believe.

If faced with a traumatic situation, the fear we feel at the time can have really detrimental effects on our minds and bodies, depending on how long it lasts. These traumas can become imprinted on our minds and haunt us. Psychological help is needed in these cases. With milder situations, we often repeat an event in our mind over and over, until a situation which might have lasted only 5 or 15 minutes, stays with us for hours, days, weeks, or even years. Over a period of time it becomes reinforced in the mind to such an extent that the whole body may eventually respond with nervous disorders, depression and even diseases such as cancer. Every thought we think is powerful, and when reinforced with strong words and emotions, it is given even more power. If we're in the habit of using words, with strong feeling, such as 'you're a pain in the neck,' or 'I can't stomach this,' or 'I can't stand this,' or 'I've had a gut full,' etc., guess what happens? It can eventually have a detrimental effect on the parts of the body mentioned. There is a name for this. It's called '*organ language.*' Toxic thoughts create toxins in our bodies that eventually attack the parts of the body mentioned.

Much of this is probably very familiar to you. But how do we eliminate these thoughts and words? Habits die hard and trying to stop them usually results in failure. The problem is that what we try to stop is reinforced with our attention, and also, as the saying goes, 'whatever we resist, persists.' Perhaps the most successful way of dealing with the problem is to see it and accept it, and then say very forcefully, 'No, no, that is not correct,' then send love and blessings to the thought, and replace it with what you want to think. If someone says something that usually upsets you, instead of reacting, understand that they are perhaps coming from their own jaundiced perspective, and that it really has nothing to do with you. Unless it does. In which case an honest inner appraisal may give you the opportunity to change a habit that is detrimental to you and annoying to others. The twelfth principal of 'Attitudinal Healing' says, '*We can always see ourselves and others as either expressing love or giving a call for help.*' Often it is not what we've said or done, it's how the other is feeling at that time. Another Principle is, '*We can become love finders rather than fault finders.*' (You may find 'The Association for Attitudinal Healing' on the Internet.)

It can also become quite a habit to look for faults in others. It's an activity that makes us feel superior, and we're never disappointed when we do this, because we attract, or draw to us, what we expect or dislike. Have you noticed that? Things we dislike seem to haunt us and come at us from all directions. It is helpful to realise that quite often things that press our buttons come from a past experience that we haven't yet dealt with, and that a person has come into our life to show us what is hidden so that we can forgive ourselves, the past experience, or person, and so let it go, sending love and gratitude to the person or situation. That way we are set free from the burdens of the past. If we focus on things we love, and the good in others, and expect only the good to come to us, then what we love will eventually appear in our life—maybe not immediately, but with persistence it will come. The interesting thing is that the person or situation that usually annoyed us either changes or moves away. Sending a blessing, such as, 'I bless ... name ... and I bless him/her for the perfection of God within him/her,' is very beneficial.

Saying affirmations with strong feeling, as if you've just won the lottery, is also very helpful. While you're saying affirmations, you are not thinking negatively and what you want is being reinforced in your mind until *it* becomes a reality and the other fades away with inattention. As said before, words are very powerful. Experiments done with water, frozen in a petri dish, and photographed

with a black light camera, just on the point of melting, took on different beautiful patterns like snowflakes when words, such as gratitude, thank you, love, happiness etc., were said, and even when written and pasted on a jug of water and then frozen, created beautiful shapes. Words expressing hate or fear or dislike, took on ugly shapeless forms. Our bodies are seventy percent water, so what are our words doing to us?

So, as creators, we have this great power within us. We have the opportunity to change our world with our thoughts and words. We can give up being victims of unforeseen circumstances and decide what we want to experience. We can forgive and let go of the past and create a world filled with beauty and joy, or continue on the downward spiral to more misery and suffering. It's up to us.

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