



Power of Prayer    Guru Vandana    Guru Chalisa    Performing Aarti    Gems of Wisdom    Pravachans-Talks    Divine Bliss

# Thought Power

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## PRAVACHANS - TALKS

### THOUGHT POWER



God is infinite and has infinite energies. Those energies are spread all over the universe. Among those energies, there is one important energy which is thought power.

Thought power is a power by which one can be rejuvenated and a new beginning can happen in one's life. Thought energy is not a simple energy, it is a great power. Whatever we think, accordingly we get results. In this world, if any revolution can happen, it can happen only by the power of thought.

The message of Gita by Lord Shri Krishna was based on power of thought, which helped Arjuna eliminate his sorrow. Thoughts never get tired. They are very powerful instruments.

We can not escape from this world. Instead we need to "awaken". This in itself is a powerful thought. And there is so much power in this thought that, its energy can change one's whole personality.

We are what we think, so we should observe our thoughts very closely. Think whether the thoughts are flowers or thorns as those thoughts will turn into words. Then examine those words and understand their intent as these words will become your actions, and actions will become your habits. Those habits need to be evaluated also because the habits will be your introduction, your character and your personality. It is very important to examine and focus your thoughts. Thoughts that arise from our mind should be pure, beneficial to others and be of good imagination. One should always pray for that. Our personality or our nature is the accumulation of our own thoughts. The higher the power of thought, the greater chance a person has of performing good deeds and being helpful in the world. In life, if we find a great motivational guide who can have impact on our thought power, then we can reach greater heights.

God wants you to move forward in life. Focus on this statement of the body. This is why God has situated the eyes in the front of the body. This thought provoking and inspirational thought always inspires a person to move forward. Thoughts work like magic. It is the power of

## Pravachans - Talks

- Om
- God's Grace
- Thought Power ::
- Company We Keep
- Stress Management
- Spirituality
- Spirituality Made Simple
- The Power of Words
- Illuminate Your Inner Self

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### Activities

#### Satsang

1st Monday of Month  
6:45 to 8:45 pm

#### Monthly Seva

2nd Monday of Month

#### Maha Mrityun Jayn Mantra Jaap

3rd Monday of Month  
11:30 to 12:30 pm

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thoughts only that turn an ordinary person to extra-ordinary. To learn to control our thoughts or to improve them, one must do self-study and keep the company of holy people.

Never choose thoughts that lower your energy. Thoughts are your personal power. Life is nothing but a game of thoughts so make every effort to make your thoughts pure and clean.

There are two kinds of thought power – one can be called righteous or positive thinking and another one which is evil or negative thinking. Positive thinking increases your energy level and negative thinking lowers your energy level. Negative people mostly think at the level of criticism, hatred and jealousy. Negative thoughts create situations that put them in a dejected and stressful state. Negative people suffer from addictions and become lazy. They get so tired and sickened with life that they even think about committing suicide. Thought of committing suicide, then lower their personality. So do not let these kind of negative thoughts enter in your mind. Dawn does come after every night. Happiness does follow after sorrow.

Do not get disheartened when sorrow comes and do not give up hope either. Instead, start converting those thoughts with positive thoughts. People who can learn how to control their thoughts indeed are strong people. Positive people create goodness. They think about their happiness as well as others. Sometimes someone inspires us to the extent that the strength we feel really amazes us.

The thinking power behind our thoughts is our own mind. So be alert, be very alert that the thoughts arise in our mind should not be polluted. Thoughts are temporary. The mind is very fickle and the thoughts that arise in the mind keep changing. Your company or association, your behaviour, your thoughts and your imaginations, they all have tremendous effect on your life. Today there is a great need for thought revolution. Our youth are often choosing the wrong path. Only religious thoughts can save our youth from the path of decline.

Being wise is good but being wise and religious is a must, and then only the thoughts will be grand. For this, one should read the thoughts of great leaders, religious books and our scriptures. Only those purify our thoughts and make them beautiful and then the fragrance of the thoughts will spread far and wide. Seeds of the good thoughts can be seeded in the garden of our mind. This activity should be done through books and with that a new fragrance will enter your mind. Everyone knows how to read but what to read is not known by many. Books that inspire us and give us a new perspective in life, are what we should focus on.

We all are actors on the stage of this world. Everyday change takes place. Thoughts never stay. There is always duality among thoughts. For instance, lots of pictures can be seen in the mirror but none effect the mirror, in the same way it does not matter if the world changes but the mirror of your mind should not collect the dust from immoral thinking. Do not let any thoughts effect you. Life is a struggle but do not feel defeated or dejected. As long as we breathe, this struggle will continue. Life is for the brave and not for cowardly or weak people.

Every person sees this world according to his or her own thoughts. Your very best friend or enemy, if there is one, can be only you. Have faith in yourself. You can accomplish anything if you make friends with your thinking power. If you want to accomplish greater heights in life then make your thinking power very strong.

Make every effort to be in the company of great people so that the power of their thoughts can have an impact on your way of thinking. Then only the technique of living will change.

According to Swami Vivekanand, you must determine a good thought and then follow that thought. Think so much of that thought that it circles your mind constantly and it can be in every nerve of your body so that thought then becomes your strength. Conserve your energy accordingly so that thought will become a great target, and then you will be able to reach whatever that target is. Thought is power and thought is Mantra. Keep any one thought in your mind and try to live your life accordingly. Keep the thought that my path is not wrong, it is beneficial. Your Sadguru then awakens you and strengthens you to move ahead, you have reached at dusk in your life, so much time has already been wasted and so much more will be. This kind of thought really inspires a person. And the person starts thinking that whatever is done is done, now let me hold on to the rest of the life.

Sadguru alerts you by his message, "Precious is this life, do not let it go to waste" A lazy person does not get anything in the life. Without efforts, you can not get anything. Be alert towards the great thought and make that thought your target, reflect upon it, keep thinking about it, dream about it. In order to do that there is a need for inspiration, patience and utsah.

That you are alone in this world is a thought that should not enter your mind. In the journey of life, you may be alone but internally God is always with you. Think that I am not alone. My God is with me" it is this kind of thought that will encourage you. When your thoughts are

beautiful, you are certainly not alone. To make life meaningful, have a point of thought in front of you and then follow it, act upon it and live life accordingly. Beautify your life with many different beautiful thoughts, and see how life starts changing in front of you.

In old age a person thinks that I am the only one who is old and this thought takes him to depression. Instead the old person should think that life is a gift similar to the way a tree is loaded with many green leaves. Youth is like a fruit that is not fully ripe but old age is the fruit, which is ripe and very sweet. If a person thinks that "I am a flower, which has fully blossomed", then depression goes away. As the age increases so should the intellect. The power of thoughts plays a great role. Take every step with caution.

Vina vichare jo kare, phir paache pachitaye  
Kaam bigare aapna, jag mei hot hasaei

Everyone has a different mind level. Replace bad thoughts with good thoughts. Good thoughts will awaken your divine power. We will only be respected when we do well for others. Think for a moment what you have given to the society, your neighborhood and family? Just as a tree leaves the seeds behind, so do divine people leave the seeds of their thoughts in the world. The thought power of the great people can bring a change in your life. Do not welcome corrupt or evil thoughts. Make room only for good and healthy thoughts. This world is like a farm in which whatever you sow so you will have to reap. So evaluate your thoughts and keep only those which are useful and discard the rest. When wrong thoughts enter the mind, the progress in one's life stops. Give your mind healthy, beautiful and good thoughts.

Do not seek the company of those who can bring you down and make you depressed. Discard bad thoughts with good thoughts. Make every effort for good thoughts that they should spread in the world.

Many people collect things that apparently give him comfort and yet they are not truly comfortable. One can only be comfortable with uplifting thoughts and by changing one's lifestyle. We need good thoughts for living not material things. It is not necessary that people with all sorts of material comforts are content and happy. Happiness is in the mind and thoughts. There is great power in the thoughts. Great thoughts arise only in the healthy mind. We must look after our bodies. Make every effort to have pure thoughts and have good vegetarian food. Be alert even if you have a wrong dream about what kind of thoughts are entering in your mind. Be a master of your mind and not a slave to it. Your life is for the well being of others so always keep this in mind. Do good and make others happy but do not expect or wish that they should do the same.

Peace also comes with good thoughts. There are lot of things in our lives that are unwanted. When we do not get what we want then this does bother our mind. Everyone gets a lot in life but not everyone gets everything in life. It is human nature to not be content and happy with what they have but to always yearn for what they don't still have in life and be unhappy because of this. Mentally powerful people become wise and utilize their thought for the good of society. This should be the aim of the thoughts that fill one's mind. Imagination also rise with thoughts and your thoughts should be constructive and not destructive.

You should talk with yourself in solace. A tiny sparkle can do wonders and the same way the thoughts that come into the mind work like sparkle. Thoughts are the one that can change man's life. Your contentment, your satisfaction and your happiness all are in your thoughts only. Instead of trying to show mirror to the whole world, make it a habit to look yourself into it first. With only one thought the flow of life can change. For this one must keep the company of holy and pious people, read scriptures and have full faith in our own spiritual master. So that with their wisdom and knowledge, we can improve our thinking. That only is possible with wisdom. So make every effort to uplift your thoughts in the company of great people. Always pray to God. "Oh God !! should get strength from your devotion and have great patience and also have solid and pure thoughts." You really can enjoy life and be on the righteous path at the same time when you are at the height of pure and clean thoughts.

Compiled from some discourses of Maharaj Shree on how to make your thinking pure.