

Publicerad 2016-03-30 23:53 av just2sweet

*mer tankar... 15/10/2011*

### **Don't get lost in the sea of negative thoughts**

The power of the mind is greater than we have learned, and if you really want to have a greater awareness of this universe we exist in understand that it's a process of a changing the way you think. The change must take place within you. It's a state of heart and a state of mind, and the reason I say that, is because you need to get those two to work together and not work separately.

Just the other day I wrote a quote on my Face book wall that more or less says; that you are responsible for not only what you do, but also what you think and it's only at that level you can exercise choice. So I kind of kept spinning on that. Later that day a friend sent this quote to me: 'If you can change your mind, you can change the world.' Joey Reimer''. A few simple words, but so true, because who wouldn't agree with me, that changing your mind is a whole lot easier than changing the world around you?!

Well to understand thought's you would need to know where they come from. Since this whole universe consists of energy so does all in it, including thoughts. If you look at the terms of Quantum Physics and knowing that all consists of energy, it explains how we (individually) attract a particular thought. Because all that IS in this universe is built in the same way; it's two forces that comprise everything that exist: Reception and bestowal. All that happens occurs between these forces and we actually reveal them for ourselves, for just like everything else, we also consist of both forces. It is the interaction of those forces that makes us desire something. Then that desire brings out a thought how to get what we desire. That's a one perspective at least. I believe that everything in one way or another is connected. We all come from the same source (Love) that's why I find it sad to see how bad people are behaving.

We are all taught, or more or less programmed to do, act and see things in a certain way since we are born, so it can be really hard for some people to actually accept the concept. But come on try to see it from the big picture and just give it a second to think about how small we really are, only in the universe we know of. How can everything been created from nothing, think about it, everything in the past, the present and the future etc. etc. created for good purposes only.

So people ask me how I can be so positive and calm in all this and see things the way I do, well I don't understand why anyone would even want to do something bad to someone or something that's created by the same source as yourself. Understand that when you do something bad (physically or mentally) to someone else, you are only hurting yourself because you're not being true to yourself or that other person.

So that's what actually makes me sad, the lack of realization the thoughtlessness towards yourself, not the act or words itself that is bad. So if your words and actions are hurting YOU it makes me sad because I care about you. Yes of course, if someone hits you it will hurt the physical body you're in as well but keep in mind that wherever you are your soul is free, and no one can reach it or hurt it unless you are thinking that they can ;)

So when people behave inappropriate or in a way you don't deserve even if it's with a good or bad intention

don't get angry, don't waste your energy on negativity, that's the way of thinking that will get you lost in that sea... and once you are lost, it can be pretty hard to navigate back again.

You are not being a victim, but you just might THINK of yourself that way, and by doing that you are manifesting your thought of being a victim because you choose to see it that way, perhaps in a certain situation.

Because of the thoughts can be both negative and positive and by having a negative way of thinking you are unconsciously charging your whole being with the flow of negative energy. And probably you will see the world and other people that way to. What you should do is simple, leave the situation or accept it the way it is. Every thought you had, having or will have is a segment of the world, and to be able to change your own perception of it you have to realize that what you see reflects your thinking, and your thinking reflects what you WANT to see.

Anyway I truly believe that every single one of us has the potential to become the best we can be and I try to become a better person every single day. It's a choice you make in your heart and nothing you "have to do".

Well... this was a short and very simple thingy I wrote but here's a few pointers that I think is totally basic behavior...and everyone should have in mind and heart every day.

- Try to stop being angry and worried about stuff. (Will it make things better or change anything?).
- Be kind and respectful to yourself and others. (Treat and wish always the same for others as you wish for yourself).
- Be honest to yourself and others. (Truth Is).
- Don't say and do things you don't mean. (There's no such thing as a half-truth, that's what we call 1 lie).
- Be grateful and show it. (!)
- Smile (my grandmother used to tell me that I wasn't fully dressed until I put on a smile =)).
- Don't be afraid to express your true self (why would you want to be something you're not. (Truth is) this will also attract the right people in to your life and remove the "wrong" ones).
- Do one act of kindness every day for someone. (It can be a kind word to a kind action, do it because you choose to, and not have to (Because you don't have to)).
- Learn more about yourself. (What you see in others, good and bad, also exists in you).
- Be generous - (In both words and actions).
- Work against injustice. (First learn the true definition of Justice).
- Communicate. (Don't always choose silence or ignorance to swipe things under the carpet!).
- Don't be vindictive (It's not in your place to punish anyone).
- Forgive yourself for your wrongs (you cannot undo what u done in the past, but you can still do good deeds, what u do last counts to).
- And please try hard to not judge. (Not until you know the true intention in someones heart you can judge them. And no one can know our true intentions).

I just think we should all try our best not to judge. We are just humans and we cannot help but to judge many times. But it's what you then do with your judgment that is the choice... and remember that the choice you make today leads the path for tomorrow, so in the end; your life is = the sum of your choices.

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