

Learn to Think Correctly

Thought is a mighty force. As you think, so you become. Your thoughts not only shape your character and destiny, but they also determine the nature of things around you, the society that you live in, the circumstances that you encounter, and the privileges that you enjoy.

But most people do not recognize the value of correct thinking. They let their mind harbor the dark denizens of negative thoughts, uncontrolled emotions and blind sentiments. And this is the reason why humanity, in spite of its quest for peace and joy, in spite of its advancement in various fields of science, does not achieve harmony and peace, joy and rest.

If your thoughts are freed from the passions of anger, hatred, greed and selfishness, you will experience a peace and satisfaction that you could not experience even in the most beautiful conditions of the world. If your thoughts are freed from the limitations of your selfish personality, you will experience expansion and freedom, the joy of which cannot be described in words.

You have the inexhaustible power of Spirit latent in your heart. But due to lack of right thinking, you have developed various complexes that sap your willpower; and your mind, devoid of will and spiritual strength, continues to remain in the state of distraction, disharmony and restlessness. A restless mind is the cause of all that is negative in life. The vices such as hatred, misunderstanding, jealousy, greed and violence arise

from restlessness of mind. But when the mind is brought to a peaceful state, the vices of the lower self give way to virtues such as compassion, cheerfulness at the prosperity of others, devotion to God, and the like.

Endeavor to raise the level of your thinking by good association and selfless service of humanity. Do not keep your thoughts involved in the little things of the world. Let your thoughts rise high towards the blessed center of the Self, towards the Truth that sustains the world, towards God Who is the center and basis of the world.

When negative thoughts arise, do not fight with them. Be a mere witness. They will pass away. When adversities arise in your life, do not be depressed. Take recourse to wisdom. Every condition has a meaning and significance in life. Learn to be balanced in pleasure and pain, in gain and loss, in success and failure. Thus your mind will remain serene in all conditions of life, your face will be ever beaming with peace and joy. In your veins there will flow the ever-bubbling energy of the Self.

Pure thoughts—undistorted by the limitations of the lower self, unaffected by anger, greed and hate—are in unison with the Divine Will. These thoughts are most powerful. They transform the lives of people. Learn to acquire the imperishable treasure of pure thoughts, and you too will be a source of inspiration and strength for countless others.

By Swami Jyotirmayananda