

Sunday, August 30, 2009
Br. Augusto
“How Thoughts Can Change Our Lives”

Thoughts are the most powerful thing in the universe because thoughts are materialized ideas of God. Thoughts manifest in all realness. Thoughts are everything!

As God’s children, we have the powers of God – to mold our lives and the world.

When our thoughts are reinforced with others’ thoughts, we can change the world. Natural disasters are the result of our thoughts.

We lose out attunement with God when we are moody, when we dwell on our mistakes, etc. Divorce yourself from your negative thoughts.

“I am an awesome human being!”

Think positive thoughts. Feel good about yourself even if you’ve done something wrong. You are learning and growing and things will get better.

Replace feeling sorry for yourself (Gurus are not disappointed in us because they know we are doing our best), thank God and Guru for thankfulness – thank you, Master, for being patient with me, etc.

With conviction, believe that God is always there for you.

God and Guru know how difficult it is to overcome difficulties.

Believe and feel you can conquer anything that comes your way.

Master says to experiment with your thoughts – use the power of thought to overcome physical problems and character flaws.

Have your thoughts somehow connected to God. Everything you do you do for God. Everything is an offering to God.

Mental Even-mindedness – do without attachment. Inwardly unite inside with the joy of Spirit.

Be poised. Be calm. Keep consciousness on high level. Remember the truth that you are one with God.

Get rid of guilt. Cast aside negative thoughts and bad habits. They are not a part of you. Leave them behind. Laugh at the negative thoughts.

Banish all disappointments. Don't have any constraints on thought and will. Don't let anything disconnect you from God.

Don't feel down because of your shortcomings. Try to learn the lessons you need to learn without getting down and negative.

Keep thoughts connected with God.

"Remolding Your Life" from Journey of SR

Just by the power of thought – you can be what you want to be.