



HELP

Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

Read and Enjoy, Do and Feel and Become

Yours affectionately
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HELP SESSION 4

THE POWER OF THOUGHTS

“Every thought we think is creating our future!”

– Louise Hay

Concepts

1. Mind and Thoughts
2. Power of thoughts
3. You are Unique
4. Intentions and Energy Flow
5. Positive Affirmations

Mind & Thoughts

What is a river? It is a flow of water.

Likewise, what is **mind**? It is nothing but a **flow of thoughts**.

On an average **12,000 to 60,000** thoughts go through our **minds** every day!

That’s a lot, is it not?



Power of Thoughts

A seed has the potential to grow into a plant or a tree.

Likewise, the **Seeds of Thoughts** generated in our **minds** can affect our lives and living – **mentally, emotionally, socially and in achieving our goals**.

Let’s try to understand how.



Scientific Research

Dr. Masaru Emoto - a Japanese author, researcher, photographer & entrepreneur researched, & found the following in the year 1994:

*Water exposed to **positive thoughts & speech**, would result in visually **pleasing crystals** being formed.



Thank you

*Water exposed to **negative thoughts & intention** would yield **"ugly" frozen** crystal formations.



I will kill you

Have a look at the video and you will understand this concept.

<https://www.youtube.com/watch?v=tAvzsjcBtx8>

If thoughts can do that to water, imagine what our thoughts can do to us!
Remember we are made up of 70% water!



Bruce Lipton, a well-known **Cell biologist** has stated:

“The moment you change your perception is the moment you **rewrite the chemistry of your body**”.

He further states that the DNA is controlled by energetic signals emanating from our **Positive & Negative Thoughts**”.



**Therefore, it is very clear that:
'Thoughts do have the potential and the power to make or mar our lives'.**

You are unique

You have come down for a purpose. You can and you will fulfil that purpose.

Believe in yourself and keep moving forward.

Every thought we think is **creating our future!**

Therefore, it is very important for us to have **pure intentions and positive thoughts.**

Not only about ourselves but also about others!

Intentions & Energy Flow

Energy is needed to do our work. **Energy flows where intention goes.**

Hence, let's ensure that our **Intentions are pure and clear.**

The purer our intentions the more refined our thoughts will be.

Have Correct Thinking, Right Understanding & an Honest Approach to life.



Here, we have a true life story of **Babar Ali**, a student & teacher from Murshidabad in West Bengal – India. He was called the "**Youngest Headmaster in the World**" by BBC on October 2009, at the **age of sixteen**. Have a look at the video, highlighting his selfless service for the poor rural children. <https://www.youtube.com/watch?v=JgMPgibiLC8>

So, what's the way forward to achieve our goals? It's very simple: Just follow this path.
Pure Intentions - Refined thoughts - Continued Interest - Right Action
Never ever lose hope. Failures and pitfalls may be there.
Use the power of thought and right action. We will achieve what we aimed for.

Positive Affirmations

Close your eyes and repeat the positive affirmations.

"I am Potentially Divine.

I am an excellent student.

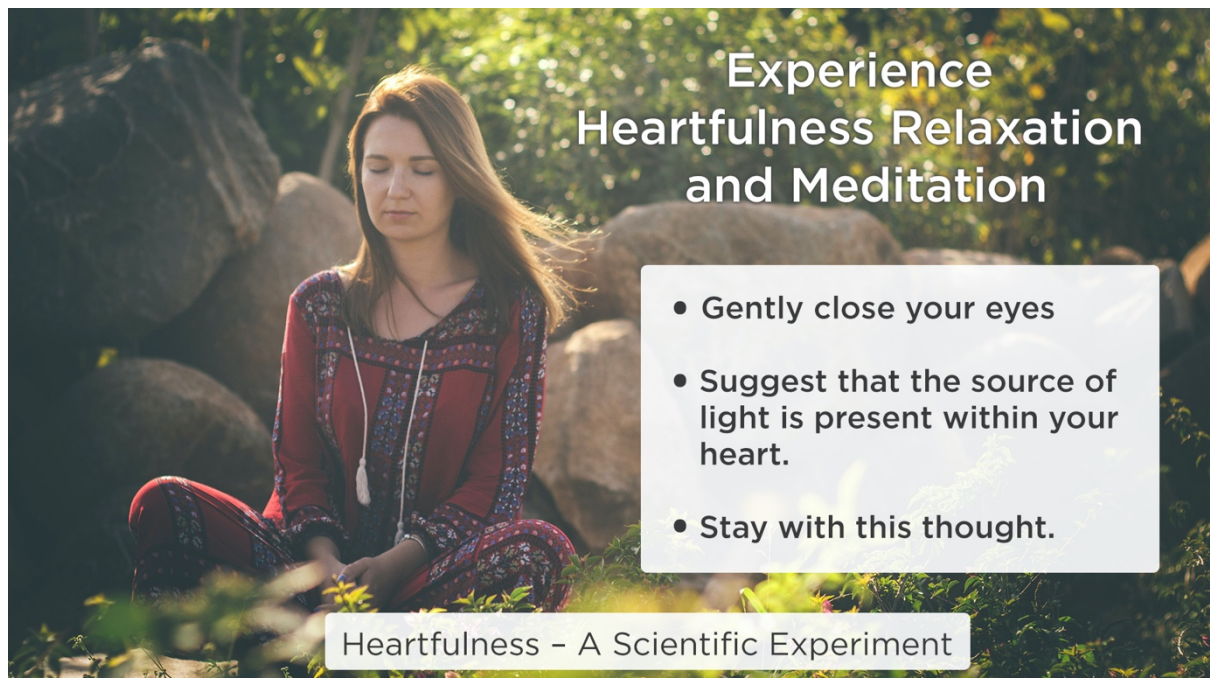
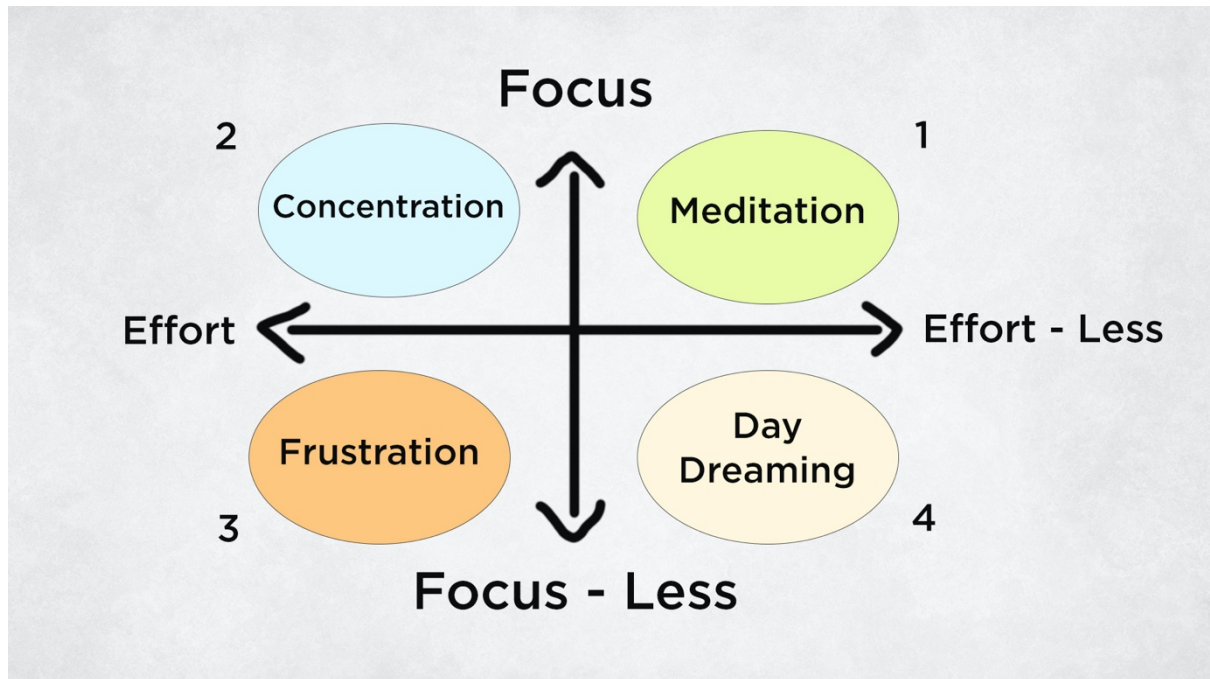
I can prove my worth.

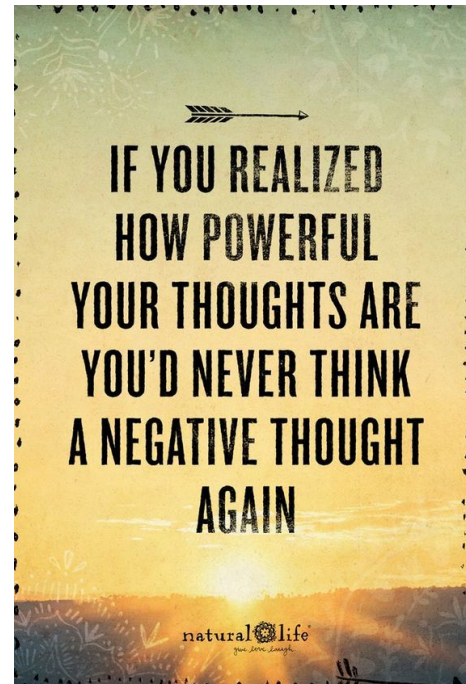
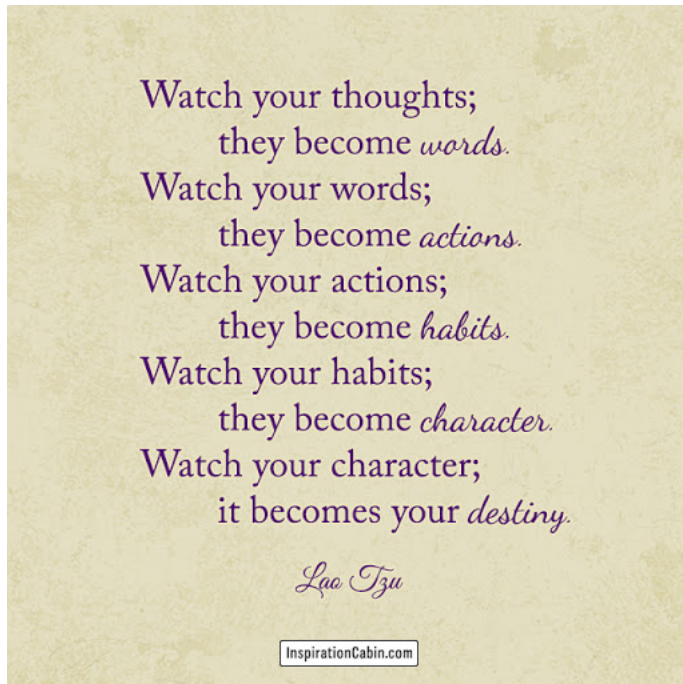
I will achieve my goal."

**"You are today where your thoughts have brought you;
You will be tomorrow where your thoughts take you".**
-James Allen



MEDITATION IS EFFORT-LESS FOCUS





The Black Dot

One day, a professor entered the classroom and announced a surprise test. Hearing this, all students got anxious and started thinking about what would come up in the test. The professor distributed the question paper, with the front side facing down. After handing over the papers to all the students, he asked them to turn the page and start the test. To everyone's surprise, there were no questions in the test paper. There was just a black dot in the center of the page. Everyone was startled and looked at the professor in awe. The professor told the students:

"I want you to write a few lines about what you see on the paper."

All the students were stupefied but since they didn't have a choice, they started writing the answer.

Once everyone was through with the test, the professor collected all the answer sheets, and started reading out each answer aloud in front of the whole class. Without an exception, all the students had written about the black dot, mentioning about its position, size etc. After reading out all the answers, the professor addressed the students and told them:

"None of you will be graded on this test. I just wanted you to ponder over something. All of you wrote about the black dot. No one wrote about the white part of the paper. The same thing happens in our lives too. We all have a white paper to observe and learn from, yet we always focus on the dark spots. We have so many reasons to celebrate – our parents, co-workers, friends, good health, a satisfactory job, a child's smile, the miracles we witness every day, and so on.

However, we simply limit our horizons by focusing on just the dark spots – our disappointments, our frustrations, our fears and anxieties, things that bother us, people that



wronged us, etc. In our day-to-day lives, we tend to take so many good things for granted, and focus our energy on insignificant dot-like failures and disappointments.”

Though these dark spots are quite small as compared to the good things that we have in our lives, yet they perturb our minds and do not let us think positively.

MORAL: Take your eyes away from the black dots of your life. Try and focus on the brighter side of life and let positivity govern your thoughts.