

## Thoughts can Make You or Break You

On 4<sup>th</sup> January 2001, my mother suffered a paralytic stroke. Her treatment was delayed by couple of hours. Rightly or wrongly, I thought myself to be responsible for the same and began to nurse a guilt complex. She was in ICU for four days, hospitalised for more than 20 days in all. My mother was down with paralysis and I was down with depression. She was physically ill and I mentally. This mental condition took a toll on my body and I manifested chest pain, for which I had to undergo ECG and other medical tests. I recall the day when I was nervous and had pain in my chest, my breathing was abnormal and was about to request my brother to arrange for my hospitalization. In other words, I had a heart attack of sorts at that moment, but somehow or other, I picked up courage and survived that crisis. When I went for the ECG, my pulse was racing and naturally fear engulfed me. With God's grace I was declared clinically fit. But it took me days to get cured mentally.

When I analyze this incident I find that it was onslaught of negative thoughts which made me mentally weak which was then reflected in my physical illness. The medical science has discovered that more than 70 per cent diseases in this world are psychosomatic in natures which are caused by

tension, worry, anxiety and stress. Once you are caught up in the spiral of negative thoughts it is very difficult to come out. It is like a whirl pool which drags you inside till the time you are finished. A person who is victim of this disease develops suicidal tendencies.

It is very essential that a person gets moral support at such point of time otherwise negative thoughts would make him depressed and induce him to give up his life. Few months back I received a phone call from the relative of one of the good friend of mine and I got a shock of my life. I was told that he committed suicide by hanging himself in a hotel room. He had a joyful nature and was nice to everyone. Nobody in his office believed that he could do so. He did not leave any suicide note. His family is still in dark about his motives for committing suicide. Day in and day out we read in news papers about students committing suicide if they fail in exams. These are the examples how people fall a prey to negative thoughts and emotions.

Is there any way out? How can we save ourselves from the onslaught of negative thoughts?

## Good Vs. Evil – Two Sides of Coins

We are all aware about the mythological story of Ramayana wherein *Rama* wins over *Ravana* in a battle of Lanka. We call it *victory of Good over Evil*.

Well, the war in Ramayana is symbolic. In fact every person has a raging battlefield within, where there is a constant fight between good and evil. We have to conquer all negative thoughts with positive thoughts, attitude and approach. But how do we go about it?

### The Winning Strategy

Like any disease it requires two pronged strategy, namely, prevention and cure. We need to develop a mental immunological system to fight against periodic attack of negativity. It is proved by medical science that physical health is directly related to and dependent upon mental (psychic) health. MILT training acts as vaccination to build sound mental immune system, which we need to strengthen periodically. In fact, reading of H.R. card every day morning help us to build a strong immune system of positivity to protect us from the onslaught of any negativity throughout the day.

In 1995, I had a serious difference of opinion with my wife about staying in joint family. It was indeed a difficult period of my life during which many times I thought of ending my life. It was during this time MILT values and trainings helped me to fight and conquer the mental battle. My association with positive movement and positive people helped me to win over onslaught of negative thoughts.

The second approach is to cure the disease. If we are down with depression and negativity, we naturally need to get cured. But, unfortunately, 90% of people who suffer from this malady are blissfully not aware of the same and therefore, do not go for any cure and ultimately, not only they themselves suffer but they spread the disease too, as mental diseases are more contagious than even the dreadful AIDS. It is here that prophets, philosophers and trainers like Aporesh play a vital role in not only making people aware of such diseases, but also help to cure them and further help them to build a good immune system against future attacks.

If negative thoughts can break you, positive thoughts can make your life. If the negative thoughts are like whirl pool, positive thoughts are like tornado. They will take you to the

unimaginable height of success and glory provided you are ready to pay the price.

Let me share with you some powerful positive thoughts that helped me to overcome difficult situations in my life:

### Being Positive

When I analyze incidents of my life narrated above, I find that the best way to conquer negative thoughts is the constant intake/uptake of positive ideas, thoughts and good reading. Be in the company of positive people and you shall be positive, as it is said, a man is known by the company he keeps. So whenever you are overwhelmed by negative thoughts, just think hard to remain positive, read positive articles and books and be positive. As Robin Sharma puts it in his famous book the "Monk who sold his Ferrari", "Words are verbal embodiment of power. If you fill your mind with thoughts of courage you shall become courageous." In MILT we have a Human Relation Principle that guides us that in the event of crisis we must fill our mind with thoughts of Peace, Courage, Health, Hope and Prayer.

## Belief in the Self

“Belief in the self” is one powerful positive thought which can make your life. Self doubting person can never achieve any success in life. It is said success comes in “CANS” if you believe you can, you can. Thus, belief in self is critical for self victory. As swami Vivekananda has said,

“An Atheist is not a person who does not believe in God, an atheist is a person who does not believe in himself.”

Therefore in MILT we say “YGB” i.e. “You Got to Believe.”

Let me tell you how belief worked in my life. On 15<sup>th</sup> January 2006 I participated in Half Marathon for about 21 kilometers. Last year, in the Marathon I ran for 11 kilometers non-stop. This year I had set a goal to break my previous record. I developed a strong sense of belief that if I practice in the right direction and work hard I can achieve my goal. I did so and this time I ran 17 kilometers non-stop. Thus I broke my previous record and achieved my goal. This reinforced my belief that yes, “I can.” My belief in the self, prompted me to take actions, actions produced desired results and it reinforced my belief. Thus, I established a positive loop of

“Belief System” as beautifully explained by Anthony Robbins in his book “Unlimited Power.”

### Good Value System

It is said that “our actions may affect others but our thoughts affect only us” (Akbarali H. Jetha from his Combined Edition of “Reflections”). Our thoughts prompt actions and our actions produce results. Thus our success or failure is squarely dependent upon our thoughts. And the thoughts in turn are dependent upon the value system that we possess. As we grow up, the value systems within us get firmed up. The quality of our value system depends upon several factors such as the society in which we live, our upbringing, conditioning, schooling, our reading, the company that we keep so on and so forth. A person who is brought up in a slum amidst crimes and quarrels is most likely to turn violent and become an anti-social element. Therefore, in MILT we emphasize on providing a healthy atmosphere to our “Snehalaya Children”.

### Positive Personality through “Prayer”

One more powerful positive thing we can bank on is prayer.

As Swami Chinmayananda puts it:

“Prayer does not necessarily change things for you, but it changes you for things”.

Circumstances being the same, prayer changes us to master the situation. Our thoughts and our response undergo sea change with prayer and faith. We become proactive and not reactive to the situations. We must pray deeply, pray incessantly and surrender totally. We must keep the company of God as He is omni-potent all-pervading positive energy, as the following story illustrates: -

One person made a pact with God that they should walk together all through his life. At the fag end of his life, that person was reviewing his life. He found two pairs of footprints throughout (one of himself and the other of the God) but in between over certain patches, he found only one pair of footprints, and he remembered that, these were the most difficult, troublesome periods of his life. So he complained to God, that He had broken his promise as, when he needed Him most He was not there with him. God asked him to have a closer look at the pair of footprints, and said that since these were the most difficult periods of his life, He carried him in His arms.



Let us develop a positive personality, which is the base for future growth and success. Once we are positive all other qualities would follow. For example, when a girl gets married, she establishes relationship with her husband, by choice and other relations like mother-in-law, father-in-law, brother-in-law and sister-in-law follow the husband. So, positivity is a powerful magnet for attracting other essential ingredients for success, like hope, enthusiasm, persistence, determination and so on...

### Epilogue

It is said that "we see the world as we are!" In other words, world outside is nothing but reflection of what we are within. As Aporesh puts it "In your world you are the sole subject and the rest are all objects". If we are at peace with our selves, we see harmony in nature and beauty all around, but if we are miserable within, we see disorder every where. Therefore, if at all any thing is required to change in this world, it's "the self".

But then, what gives rise to these emotions of good or bad? Our thoughts of course! Do we have a control over our

thoughts? Unless we suffer from the compulsive thinking syndrome we can master our mind (and through mind thoughts as well) with persistence and determination through practice of meditation, positive reading and various activities like auto suggestions (e.g. reading of MILT Cards everyday morning), prayer etc. In the short term, easiest way could be to divert the mind from negative thoughts and channelise it in some other positive thoughts or actions. In the long term, one needs to work upon one's value system through contemplation. The message from Bhagwad Gita is very clear here wherein it is said that:

You are the Stone;

You are the Chisel;

You are the Sculptor.

It means what you sow, you shall reap. At subtle level it applies to our thoughts as well, whatever we think decides our emotions, actions and character in general.

Thus, we find that it is in our hands whether to make or break our life. Do you agree or you still believe in destiny? Well, it all depends the way you think!