

### **Text SD 17: Thought power is an effective force and can do good or bad**

*Many people think that thoughts are not real and have no consequences. But thoughts are energy, and this energy influences reality - for better or for worse. That's why it's important to control your own thoughts - and not let yourself be taken over by other people's thoughts.*

"As soon as we think something good, as soon as we pray and meditate and try to pass on the inner light we have gained through our meditation and prayer, we start living in heaven. As soon as we think badly about someone, criticize someone, and have wrong thoughts, we enter hell. We create heaven; we create hell. With our divine thoughts we create heaven. With our false, stupid ungodly thoughts, we create hell within us" (Sri Chinmoy 1977:86/87).

Thoughts, however, create not only our inner reality, but also the outer reality. "Thoughts can have an uplifting effect in the literal sense of the word and thus become reality, i.e. they can thus be put into action. A thought is reality, is reality, even if the earth people, because they do not see it, want to deny it. This is very far from reality and very unwise acted, because your conscious as well as your unconscious life are effects of the thoughts" (Weidner 1987:44). "Every spirit disposes of thought influences corresponding to its cognition and its value and of an equal radiation. From this it follows that you should go into the environment of such entities - people - who have a good radiation, if you want to receive good, uplifting thoughts" (Weidner 1987:44).

"Every producer, every bearer and every sender of thoughts and aims is fully responsible for them" (Weidner 2006a:187).

With every thought I should ask myself: "Do I think now or does someone else think through me? Has, for instance, another taken possession of my thinking vessel?" (Weidner 2012:233). It is crucial whether I think or another thinks through me. In both cases I am (co-)responsible for the thought.

"Your first thought in the morning should belong to the heavenly Father, Jesus Christ and Mother Mary! ... Think in the morning: 'God' or 'Heavenly Father, thank you for allowing me to wake up again. Thank you, Lord Jesus Christ, for sending me your messengers even in the state of sleep, and for giving me strength again. Thank you, Mother Mary, that I was protected under your mantle while I slept, so that nothing dark could get to me'. If such thoughts seize you in the morning, then your dear guardian angel will receive strength for you" (Weidner 2003b:137/138).

"You will always be admonished by your guardian angel to think constructively about others and to keep your higher body pure. But this is not always easy" (Isaac 1985:217).

"This ... means to examine thoughts! Your thoughts are always supposed to be helpful, after all, so immediately think, 'I am a child of Heavenly Father.' Now you will say: 'This is not so quick. This mood comes upon me so suddenly.' Then practice to tune into divine thought vibration! Practice it when you are alone, but also at work" (Weidner 2003b:139).

"One ... image that monks like to use to describe their path to tranquility is that of the doorkeeper. Evagrius, in a letter to a monk friend, urges him to be an attentive doorkeeper: 'Be a doorkeeper of your heart, and let no thought enter without questioning. Question each thought (one by one), and say to it, 'Are you one of ours or one of our adversaries?' And if it belongs to the house, it will fill you with peace. But if he is of the enemy, he will confuse you with anger and excite you with desire.' So he should question every thought that wants to enter the house of the spirit, whether it belongs to it or not, whether it is good for it or not. In this way he can protect his house from squatters, from negative feelings that spread in the house and make us uneasy. Only thoughts that correspond to God and that do not harm man are allowed to enter the house of the spirit. In this way, the monk can maintain inner peace. He remains master in his house and keeps the house open to God, so that he may dwell in it and fill it with his peace" (Green 1998:92/93).

"Be radically repulsive of thoughts of failure, pusillanimity, discouragement, etc., scare away these suggestions. Rather, grasp your goal boldly and willfully, and with resolute courage you realize how the shadows of insecurity, incapacity, etc., give way. Then thoughts and feelings will return to you, you will be able to rely again on your Creator and on yourself. ... Seize your inner light, this enlightens you for your next step to the goal. If you have set this step godly, the light shines out of you for the next step, etc." (Weidner 2008b:10).

"Every thought, every feeling, every effect changes the earth person in his wanting and doing to the positive or however also to the negative. Earth life is a constant experiencing, experiencing, acting and so on" (Weidner 2006b:106/107). "The more open the receiver is for external thought vibrations, without observing the receiving sent out thoughts and fate impulses, the more likely he takes up such coordinated fate impulses on the basis of his similarities inherent in him and receptive interests, preferences, hobbies and so on, consciously or unconsciously. Others swinging toward him slide off him" (Weidner 2006b:111).

"People's thoughts are often negative. What is 'negative'? Negative is to act, think and feel against God, against Jesus Christ! You must consider: every thought wraps itself around the earthly body and even more around your soul body, as well as every deed and every word. Not only around your body, but further and further, until this negative vibration seizes your whole earthly earth. And you also feel this" (Weidner 2003a:164). And this is what Lent wants to make us aware of: Purification of thought vibrations, reduction of fears and control of feelings (cf. Weidner 2003a:164/165). "Fasting means: to put earthly concerns, as far as possible, a little more aside!" (Weidner 2003a:165)

We are to walk the straight path that leads us to God and to Christ - we are to become one with God and Christ (cf. Weidner 2003a:165).

"A tremendous sea of thoughts is ... presently hovering over the earth sphere and penetrating the earth and human consciousness! And mankind loses precious time to fathom its true earth life sense and to live accordingly. It misjudges the sense and purpose of its earth life. And this is exactly what the powers of darkness want" (Weidner 2003a:108).

"Thoughts are seeds" and "thoughts are creative forces" (Weidner 2012:227).

"Life is, after all, a living connection from one thought to another, from one feeling to another, for the whole cosmos is swarming with feelings and thoughts!" (Weidner 2000c:49).

"If only you humans knew what powers lie in your positive thought power! You could control the powers of nature with your thoughts, you could truly be masters and commanders in the positive sense on earth! But the reality unfortunately looks the other way round. You are mostly only slaves of the powers of nature and thus stooges of the powers of darkness" (Weidner 1987:54/55).

"You can influence the weather phenomena, the storm, the waves, the fruits, the plant and animal world by positive thought rays! You would have it in the hand to reshape the earth according to your positive thinking and will into a garden of God. You could step without the for you so dark passage, the death, by transformation of other kind into the other world. You could communicate with us, the spirit world of God, through practiced, controlled thinking and thus achieve greater progress through our teachings and our guidance" (Weidner 1987:55).

"The few spiritual openings that still exist on this earth are sinking into this difficult environment of thought currents" (Weidner 2003a:108), so that it is difficult for the messengers of God and the forces of light to get through to people.

Also on an individual level, the thoughts, words and deeds are the seeds that the spirit soul sows: "The seed field on which you do your sowing is that ocean of thought currents, that is, the environment surrounding you fluidically mentally. especially it is the earth spheres with their fluid aliens as well as the earth atmosphere with the people, animals, plants and their guardians, the guardian angels or guardian spirits of the people, the helping nature spirits in nature, the element souls in the elements of nature, the dewas and guiding ore dewas, which are all around you at the behest of Christ, in the law and will of God" (Weidner 1986: 40).

"Thought control! Thinking before speaking very often prevents great danger, unpleasantness and discord" (Weidner 1987:80).

"When you ... have your thoughts completely under control, you also free your lower vibrating mind-body from the compelling mental realm - and thus you become spiritually free" (Weidner 1986:42). "These materialized thoughts work the moment they leave your mouth, already to your benefit or to your harm!" (Weidner 1993:88). For Jesus said, "Not so much what goes in through the mouth, but what goes out of the mouth is often a burden to the spirit soul" (Matt. 15:11, quoted by Weidner 1993:88).

"When you ... think of anyone, be it a friend, brother or fellow human being, overcome yourselves and always think good! ... If thoughts come to you about anyone, then they are mostly dark, low thoughts, depending on the situation, and you should change them into positive ones!" (Weidner 1987:57/58).

"Thinking is one, feeling is the other; and if both do not work together, the feeling and the thoughts, there is already again a division, a separation" (Weidner 2001b:89). That is why it is important: "To anchor your godly thoughts in the life of mind. This is a basis to keep the access to the guardian angel always open by a right climate of trust" (Weidner 2001b:149).

"If I ... strive to think every moment in the Higher-I-Consciousness, then I raise my mind to that vibration where only the good-wanting, the good-meaning, the good-thinking, the God-willing is placed in the center. ... The mind is nothing earthly, it is an expression of the soul! And there belongs the feeling, the thinking, the feeling and all that, what leads me in the spiritual program closer to God. So, to bring this mind into a unity with the guardian spirit is the ideal case to get closer to God" (Weidner 2001b:180).

"Certainly, not all positive and uplifting thoughts can be put into action on earth, but the will and determination to do so can find ways and accomplish effects that are in no way inferior to a material deed. Just think of the radiation of peace and salvation thoughts, especially also of the connecting prayer! The uplifting thought has, as in general every thought entity, the aspiration to live, to become strong and not to be a worrier. If you do not nourish a thought that has been raised or instilled, then it must vegetate and sooner or later falls again to the burden of its sender" (Weidner 1987:47).

"Thoughts ... are entities, thus living beings, and of fluidic nature. Producers are all entities, which evaluate these forces, that is, execute them with their conscious will" (Weidner 1987:64).

"Thoughts are spatial, that means fluidal entities with different size and shape acting in the space. Thoughts are fluidal, that means entities originated from the thought fluidum of their creators .... Thoughts are something alive with certain peculiarity, intensity, power and certain properties, in vibrating state (Weidner 2012:157). "Yes they are really living entities. They take the power out of your odkraft, if you nourish them, if you say yes to it, by continuing to think like that. Do you understand now why we advise you: Thought control! Emotion control! Because they are just entities with a certain consciousness, namely the consciousness that suits you" (Weidner 2012:158).

Not only negative actions like killing or stealing have negative consequences, "but already every hate, anger, ill will etc. is a mental self-poisoning and draws a down-swinging spirit being environment after itself. And also those, who by unpleasant thoughts or words abet or assist the tempters in their soul-poisoning activities, close themselves the own soul-gate to their inner heavenly kingdom" (Weidner 2002b:134). They thus attract negative beings and vibrations, "because similar things attract similar things, this is how the causal law of attraction works" (Weidner 2002b:134). "The difficulties lie precisely in the fact that people do not control their thoughts, and by extension their words" (Weidner 1993:89).

"For whoever controls his thoughts in his life, controls his life!" (Weidner 2012:160/161). Carriers of a thought, i.e. people who take up a thought, think it further and give it energy, as it were, are also co-responsible because they nourish the thought, reinforce it and send it out again (cf. Weidner 2012:163). There are two main types of thoughts: constructive and destructive thoughts - and feelings! "Please think only godly positive! Think only of the kingdom of God, of his love and justice" (Weidner 2012:171).

It is important to "think well" (Weidner 2005b:74). This means: we must learn to distinguish between good and evil, right and wrong. This requires differentiated thinking, but also perception of inner promptings - e.g. by the guardian spirit. Even if many unpleasant things

approach us, we should strive to "transform everything into the positive" (Weidner 2005b:75). It can help to look at negativity from a spiritual point of view - and as an opportunity to learn and improve oneself and the situation.

The important thing is: "With your thoughts and your words in full kindness, in full awareness for the promotion of all living beings, act benevolently at all for all living beings!" (Weidner 1993:91). In the sense of following Christ we should: "Blessing, helping, healing, serving, loving, praying, promoting and leading to God - so Jesus the Christ went over this earth! And so your task is to become like him and to follow him" (Weidner 1993:91).

"Every feeling, desire and craving is an energy ... which strives for realization and pushes to where it can reach its satisfaction!" (Weidner 1993:95).

Basically applies: "Think reasonably, true, lovingly and purely! Then your life blueprint will be for your progress and joy!" (Weidner 1982a:70).

"Remember ... that every negative sensation, that low feelings, wrong emotional ideas, unloving thoughts, deeds, etc., darken the cognitive faculty of one's consciousness and worsen the readiness for helpful charity" (Weidner 1986:61). A good protection of the personality is, "Be glad and free!" (Weidner 1987:81). "What does this 'being glad' mean? It means inner radiation, inner warmth, inner feeling! Being joyful is a gift that everyone has to gain for himself. Being joyful is more than an interpretation of a word, because being joyful requires a certain maturity. To be always joyful is already a level that can be connected with many things in the universe, and it is one of the best protective qualities there is. Eternity belongs to a joyful person, because in eternity all beings are joyful and blissful, as human words are hardly able to express. Not far from it is joy, but this is often short-lived... It is nevertheless a means of protection and elevation, for with joy man should go through all the work, the doing and creating of his life" (Weidner 1987:82).

"If you want to control your thoughts and thus your life, you need a strong and good will, which should be guided by reason. You say: I am strong-willed, I am weak-willed" (Weidner 2012:171). Mind control has a lot to do with willpower. "Every word vibrates, a vibration goes out, depending on what you speak - also a light vibration. So when you speak loving words, light also radiates in that vibration within you, around you, and when you speak to someone else, light also to them" (Weidner 2003b:143).

*Thoughts are energy, and every thought vibrates in a certain - higher or lower - frequency. The more high vibrating thoughts we send out and thus also attract, the stronger the positive force on earth becomes, while with low vibrating thoughts we become a resonance and thus reinforcement vessel for negative thoughts.*

**Source references and bibliographic information at:**

<http://www.geistige-entwicklung.ch/angefuehrte-literatur---cited-literature.html>

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