



### **Thoughts Words & Actions (TWA)**

Fill every thought with determination, every step with courage and every word with love.

## Law of 'Karma'

Human laws can be adjusted, manipulated and even ignored by some, but no one can do the same with the Law of 'Karma'. On the physical level, there is no time interval between an action and its reaction. If I throw an object in the air, it falls back immediately with the same force. With the Law of 'Karma', however, there can be a delay between the action and its result or fruit. The seeds of certain actions (negative or positive) bring immediate fruit. Others can take years or even many births to bear fruit. If I eat too much ice-cream, I will see the result or karmic effect of the negative 'karma' of greed within a space of ten-fifteen minutes in the form of a headache or after two days in the form of a cold and flu. This is an e.g. in which we realize the working of the Law of 'Karma', we realize clearly the cause and its effect, but on a subtle level, when we see the effects of actions, we do not realize that the cause may have actually been in a previous life. There is a total connection between the cause and the effect.

I can say that there is nothing which happens to me for which I am not responsible. Whether I remember what I did to make it happen or not, whether I realize it or choose to ignore it, I am ultimately responsible.

## What Are Thought Vibrations?

The word atmosphere has two meanings. One refers to the physical air around us and the other to the more subtle effect that thought vibrations create in a particular space. No one can deny that the atmosphere of a crowded restaurant is different from that of a temple. This is mainly because of the effect of different types of thoughts and feelings in that space. Even someone deaf and blind would have the ability to pick up the difference. Sound vibrations are invisible but their impact isn't. A pneumatic drill or a jet breaking the sound barrier jolt both our minds (non-physical effect) and the walls of our houses (physical effect). **Thought vibrations can't be seen but their non-physical as well as physical impact is even more powerful and influential.** The panic that people generate during a stampede or an earthquake and the euphoria (absolute joy) of victory in a World Cup final cricket game are examples of how

thoughts create an atmosphere.

On a subtler level, many of us have the experience of basic telepathy - 'I was just thinking of you and you called'. Thoughts connect individuals over large distances. Doctors inform us that over 90% of the physical body's illnesses have a psychosomatic (mental) origin i.e. they are a direct or indirect result of our state of mind. That makes the human body the prime example of how thoughts affect matter.

**Since the world is made up of the collective, personal worlds of all individuals, then it's easy to see how the international political, economic and social atmosphere is nothing more than the collective effects of all our thoughts.**

## **Soul Sustenance**

### **Practical Ways of Changing Old Habits or Beliefs (Part 4)**

#### **Visualization**

Visualization consists of creating positive images by means of the ability to imagine, and in this way reinforce positive thoughts and strengthen your will to achieve positively what you affirm for yourself in your mind. With visualization you manage to intensify experiences of positive affirmations and self-motivation, and it also helps you to specify and clarify your goals. The basic principle of using images in our mind is to act as if the desire we have in our mind has already been achieved. If we place images of success, health, wellbeing or inner peace in our mind, these will materialize in positive situations and experience, and this image of success will become real in our lives.

(To be continued tomorrow ....)

#### **Message for the day**

**The method to make use of all treasures is to be a master.**

**Projection:** When difficult situations come my way, I usually become a slave to them. My feelings and emotions are controlled by the situation.

Then I am not able to have the discrimination to see right from wrong.

**Solution:** I need to remind myself that I am the master of the situation. The situation is definitely not in my hands, but the way I respond to it definitely is. When I keep this in mind, I'll be able to make the best use of whatever is available.