

THOUGHTS ON THOUGHT

By Terry L Neal

“Thoughts are things, so we find that different kinds of thoughts become different kinds of things.”

Dr. Ernest Holmes

Creators of Experience

We are the creators of our experience. Each of our lives is developing in harmony with the vibrational signals that radiate from us as a consequence of our thoughts. The longer we think thoughts of similar resonance, the stronger they become. Our focused attention on anything invites that particular thing into our reality. It does not matter whether the thing we are focused on is good or bad, whether we want it or not, whether it is honorable, appropriate, or otherwise. Whatever it is that we are thinking, even in the most private sanctuary of our minds, we are causing to materialize in our world of experience. To put this into practical terms, when we worry, and dwell on negative concerns, we bring about more things to worry about. When we think uplifting and positive thoughts, we enjoy more positive experiences in our personal reality.

Our lives evolve according to our patterns of thought. If we are continually focused on struggles, failure, ill-health, bad relationships, and lack of trust in others, should we be surprised that we are constantly plagued with these same kinds of things? Whether it is a comfortable thought or not, we are the author, the designer, and the builder of us. We are the consequence of the thoughts we have given our attention to. At this very moment we are the sum total of every thought we've ever thought in our lives.

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The good news about this sobering understanding of our reality, is that we can change. We have free will. We have the power to choose the way we think, feel, and evolve. If we're not now happy with who and what we have become, we can decide to think higher frequency thoughts and upgrade our entire gestalt. We can choose to raise our level of thinking or continue with the habits of thought that have brought us to an unhappy state. We are the creator of the future us. Think on that...

Everything is Thought

Everything humankind has ever done began with thinking. Everything begins with a thought in someone's mind.

Stop reading for a moment and look around the room you find yourself within. Every object you see, from the walls to the floor, from the furniture to the lights, from the ceiling to the colors around you, were first thought about and then so constructed or organized. It is thus with whom we are. Whoever you are, whatever you have become, how others relate to you generally, your character, and your perceived value as a human being, is largely a result of the total of all the thoughts you have ever thought in your life. If this concept is strange to you, think on it. Focus your thought on this single point of insight.

Yes, of course, things happen outside your control. Wars happen, famine happens, stray events seem to flow in and out of our lives. What does that mean? Does it mean anything? Are all the evolving events of your life of your making? Are some of them? Are most of them? I sense there are four points of view regarding the so-called chance events of your life:

- 1 Accidents and random incidents are meaningless. They just are.
- 2 Events are not random. You've chosen before this earthlife to be here to experience specific opportunities for growth.
- 3 Everything is an illusion. Everything is a construct of your thought.
- 4 Planet earth is a sophisticated Training Module for spiritual evolution

Dozens of relatively recent papers and books can be found regarding these various premises. Each tends to take one or the other of the four positions noted above. Each of the authors of these writings tend to provide some kind of evidence to support their point of view. From my perspective the answer is some compilation of 2, 3, and 4. Whether you agree or not, let's at least consider that you are the creator of your thoughts and what is working well you'll probably want to keep and what is not you'll probably want to change. Henry David Thoreau once said, "It's not what you look at that matters, it's what you see."

Ralph Waldo Emerson observed,

"People only see what they are prepared to see."

Perhaps the most important thing to recognize is that we are the ones who decide what to think, how to think it, and what emotional attachment we give to each thought we think. Governments, companies and media are all in the business of swaying people's thinking based on their particular agendas. People tend to align themselves with specific narratives and view things through their narrative colored lenses. Mainstream media coupled with the shocking rise of social media, influencers, etc., provide a constant barrage of twisted information. It can be very seductive, powerful and influential to us all, and yet we are still the

only one that decides to either to buy into carefully constructed propaganda, or not.

We know that over 90% of everything reported by corporate media is negative. And negative input is down-regulating to our emotional frequency set-point. On the surface, social media may appear to be somewhat better, but studies are clear that social media consumption has an overall degenerative impact on those consuming it. On balance, it is well established to increase both anxiety and depression. Consider for a moment how these primarily negative, agenda-driven assertions impact our subconscious programming.

Cutting through the constant stream of intentional misinformation to which we are exposed, is our personal responsibility. To accept what we're told by mainstream media, governments and social media, and not pause to question what we're being fed, and considering the why of it, is highly detrimental to us mentally, emotionally, and even physically. Passive internalizing of crafted mental pollution is the equivalent of our becoming robotic lemmings.

Numerous challenges arrive in our lives unasked for. Can we afford to create more because of the way we think and the media we consume? Every thought has a consequence and, in fact, behind every experience are the thoughts that were that particular experience's source. All things in our lives are preceded by thought. Thought frequency is at the core of everything. If we dwell on negative and poor thinking, if we nurture evil or ignorant thoughts, then misery and pain will be attracted to us. Of this we cannot escape. As our thoughts are lifted to higher ideals and we center ourselves on healthy, joyful, and loving feelings, blessings will soon arrive and become a larger part of our reality.

As we learn to change the content and tone of the thoughts behind the things in our lives, we can transform ourselves into an improved and happier us. We can permanently improve our lives by changing our thought patterns. We can be more joyful today by refocusing our thoughts right now. It is remarkably simple to say. The question really becomes, how hard is it to do? That is also a decision based on thought. The truth of that question is in the answer you are ready to provide. It takes what it takes. Whether that is hard or easy derives from your point of view. Yes, it requires careful focus and improved awareness to make any appreciable changes in our habitual way of thinking, but whether that is hard or not is entirely based upon how you think about it.

To improve our lives, we must internalize this essential truth: Our experiences in the living world are the direct result of the stuff we entertain in our minds. Therefore, it is vitally important that we make our thoughts behave.

The Hypothalamus

The hypothalamus controls the release of at least 8 major hormones plus multiple mixtures of these, and it is intricately involved in the body's temperature regulation. It is also in charge of the body's food and water intake, sexual behavior, and it controls our daily biological cycles. The hypothalamus administers our basic behaviors and mediates our emotional responses. This chemical-producing organ is located in the center of the brain. It charges our system with specific hormones that relate to the thoughts we are keenly focused upon. Every time we dwell on emotionally charged thoughts we trigger the hypothalamus. If we're dwelling on the negative, and experiencing an emotional response to these thoughts, the hypothalamus may trigger the release of hormones that intensify our discomfort.

Medical and biological science tells us that these hormones, or neuropeptides, are powerful chemicals. Studies demonstrate conclusively that we can easily become addicted to these internally produced drugs. If we keep thinking the kinds of negative thoughts that trigger the release of correlated hormones we become stressed out, our minds become clouded, and we frequently will not act in concert with our best interests. It's simple, think more negative thoughts - continue to feel bad. What is so wonderful about knowing this is that the reverse is also true.

Thoughts are Contagious

Thoughts, the foundation of all emotion, are contagious. Much of the time we prefer to be around someone who is happy and joyful, unless we ourselves are locked in a downward emotional spiral. We typically feel better the moment a happy person turns a radiant smile upon us. When someone is stressed out and sharing their misery and fears, we should be extra careful to not be swamped in their negative emotions. After all, haven't we all had toxic friends? They don't mean to be toxic, it's just where they are at this stage of their evolution. Nevertheless, it is wise to move away from people stuck in the lower frequencies of thought.

It is critically important that we grasp the truth that we will always draw unto ourselves the essence of whatever we are predominantly thinking. This means that "worry" is the result of using our creative mind to bring into existence the very thing we do not want.

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Dwell on this thought. This is powerful insight. What you think about with strong emotion begins to manifest itself in your day-to-day existence. So, rather than

allow generic worry to be quietly at work within our hearts and souls, we should focus on what we DO want, not what we do not want. To put this understanding to work for us we need to become aware, to recognize when worrying thoughts are swirling about us. Stop and reflect a moment, then turn the whole thing around and concentrate on the outcome we wish to have, not the outcome we fear.

It is easy to suggest that we learn to control our thoughts. The doing of it is the catch. After all, how do we focus successfully on peace during the atrocities of war? How do we think joy into our reality when we are in the midst of problems? Are we able to believe in, and concentrate on, abundance while dealing with the ravages of financial meltdown?

Like Attract Like

The concept of changing our thinking is so easy to say; the difficulty is in the doing. And yet, the reality of this necessary process is intricate to our happiness, ergo it would be wise to remember this essential principal, **Like Attracts Like**.

The re-creation of our reality begins immediately with the quality of our next thoughts. If they are negative, dis-believing, sarcastic, or worse, we'll be having more of this in our future experience. However, as we focus on positive, uplifting, caring and kind thoughts, our future begins to look up. This essential principal, "Like attracts like" has been spoken and written about by wise men and women for centuries. A growing awareness of this critical concept has prompted numerous authors to address the subject over the past hundred years.

Ernest Holmes, author and founder of a movement known as the "Science of Mind" in the 1920's was an early champion of the "Like attracts like" concept in our modern era. Neville Goddard and Napoleon Hill had significant followings as did Dale Carnegie, Norman Vincent Peale, and W. Clement Stone. Many now refer to their guiding principles as "The Law of Attraction," meaning that whatever we think about and give energy to will begin to materialize. Napoleon Hill's famous dictum, "Whatever the mind of man can conceive and believe it can achieve," was pivotal in my early awareness of these concepts. Years later, Ester and Jerry Hicks wrote a number of books on this incredibly significant understanding of the way things work. More recently there are dozens of YouTube channels repeating this critical understanding of the way the universe functions. There is no shortage of information, only a shortage of application.

So, how do we give energy to thought? By giving thought our attention. *That's it?!* Yes, that's it. We flow energy simply by focusing our attention. Normally, we do this automatically, without recognizing what it is that we are doing. When we become riveted on a thought, or a group of thoughts, it is because our thinking

has triggered an emotional reaction within us. Feelings, which are essentially thoughts combined with emotion, dramatically impact the amplitude of our energy broadcast. Powering thought with emotion is like stomping on our mental accelerator.

Can you see why it is so very important that we constantly monitor our thoughts and feelings? Thoughts precipitate feelings and always underlie our actions. If you don't yet fully appreciate this important point stay with it, think deeply about it, grasp the truth of it. Pay close attention to your thoughts and feelings and keep them centered on what you DO want not on what you DON'T want.

**Pay close attention to your thoughts and feelings
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There may be little we can do to immediately change the way others think about us. And besides that is not a valuable use of our focus. Concern over how others think of us is fear dressed up as a desire to be known as good, kind, or what have you. Let go of what others think and instead focus on changing the way we think about ourselves. Each of us must learn to form and maintain the best possible thoughts about who and what we are. Embark upon a program to consciously replace those negative thoughts that so easily pop into our minds, with fresher uplifting ones. The mind is a mirror. It may be impossible to generate any substantial thought without some reflex action in the mind. The more powerfully we experience a thought the more powerfully it will impact us. So, guard your thoughts carefully.

Over the last hundred years, physicists have accumulated powerful evidence that all of the interactions between objects and materials (all mass) can be reduced to combinations of only four fundamental forces: Gravity and electro-magnetism (light energy) are the two universal forces we recognize at human scales. The other two forces of physics do their work at the microscopic and submicroscopic plane. Oh yeah, and some physicists are now suggesting there may be a fifth previously unknown force.

We learn from physics that the more subtle the force as we go down in scale, the more powerful it is on a relative basis. Hence, the nuclear forces (the weak and strong forces of the atomic and subatomic level), are thousands of times more powerful in ratio than gravity or electromagnetism, which is light. Many scientists are now suggesting that thought energy is the quintessential force that underlies the universe. Thought is the most subtle of the forces of which we are aware, and it may well be the most powerful.

Change the Plot

Some scientists, psychologists and spiritual teachers, are of similar opinion and now teaching something along the lines of - the world is not done to you, it is being done by you.

Whether this is entirely true or not, we cannot escape the fact that it is our thoughts that form the essence of our individual lives. So, the question then is, are you playing the role you would like to be playing in the emersion movie of your life? If not, why not? You can change the plot. You can tell a different back story by the emphasis you place on the qualities of people and events. You can choose a different plot line. You can choose another way. In the words of my daughter Kati,

“Life is a choose-your-own-adventure book.”

The logical conscious mind is only able to entertain a single thought at one time. On the other hand, some people are quite good at multitasking; having the conscious mind rapidly switch back and forth between tasks. If the subconscious mind is engaged in a repetitive task for which it has the learned skills, one can do more. A young person for instance, can drive a car while carrying on a conversation, listening to the radio, and carefully watching a member of the opposite sex walking at the side of the road. How? Because the subconscious mind is driving, while the conscious mind flits between priorities. Just the same, it is important to recognize that the conscious mind can only entertain one thought at a time.

Focus on Time

According to Dr. Joe Dispenza, as seen in the documentary film, *Down the Rabbit Hole*, a person normally focuses for only 6 to 10 seconds on any given subject before flitting off to something else. We may quickly return to that which we were previously focused upon, but as a general rule it's hard to stay absolutely centered on one thing to the exclusion of the myriad of thoughts lining up to grasp our attention. Other scientific experiments indicate that when confronted with new information, it must be focused on for at least 37 seconds before the brain will begin to integrate it into its working paradigm (our mental operating software). The exception to this rule of mental integration is that we must be re-exposed to the new information a minimum of six times before we will store the information in any useful way. (This is why commercials are so repetitive and explains why the same short commercial is often shown almost back-to-back). It also explains why parts of this paper seem repetitive.

According to Ester Hicks, who was introduced above, when one is able to focus keenly for as little as 68 seconds on a single thought the mind begins the process

of manifestation into reality. The subconscious is a multiprocessor; it can handle multiple things at the same time. Its nature is to ultimately reflect that which we put our attention upon within the world of our individual reality. If one focuses on being sick; talks about it, thinks about it, reads about it, etc., the creative mind immediately begins to manifest the truth of this thinking throughout the body in such a way as to best reflect those thoughts. This projection of our thinkingness into our real world is very much like the law of cause and effect. It is also important to recognize that the creative mind does not seem to be able to differentiate between ourselves and someone else.

This has mind-blowing implications! Think a bad or ugly thought about someone and the mind sets about reconfiguring our mental programs such that we see ourselves in this light. **We must realize that it does not serve us to ever hold angry, mean, or perverse thoughts about anyone.** To do so, especially while feeling powerful emotions, is to do ourselves great harm.

It is surely no accident that every major religion of lasting impact has put emphasis on forgiveness. The Lord's Prayer is a perfect example of this philosophy. We are forgiven only when we are able to forgive others. But the really fascinating thing is that we are not even able to forgive ourselves and thereby stop the creation of more pain and sorrow in our lives until we neutralize the negative energy flow that is driving these problems to begin with. The mirror of our mind is constantly reflecting our thoughts back to us in our day-to-day experience. To forgive someone is to access the delete key so we can erase our own negative programming.

If we find it impossible to forgive, we are stuck in the misery of the experience and cannot evolve. Forgiveness and gratitude are the critical ingredients in our evolution to controlling thought and discovering real happiness. The simple truth is that in order to obtain a better reality we must focus on better thoughts. Everything begins with thought. And, like any other law or natural force, we cannot change the way it works. However, we can change outcomes by the way we work with it.

It is actually quite straight-forward, we attract into our experience that which corresponds to the sum total of our current state of consciousness. The law of attraction works automatically. Like a mirror, it reflects the image held before it. We must shake ourselves free from the belief that external conditions are imposed upon us and step up and take responsibility for everything in our lives, just as it is. We can change things, but to do so, we must think higher frequency thoughts.

And so it is, we are indeed the creators of our experience. The power to create new, more joyful, happy experiences is within us. Refuse to feel negative thoughts fueled with feeling and imagination. Deprive them of energy. If our negative, fearful imaginings have nothing to feed upon they will shrivel and disappear. Only thoughts that are nourished grow. Thoughts that receive the nourishment of attention must eventually manifest in our physical world in some way. Once again the point is we must be careful to marshal our thinking and be vigilant in ignoring the seductive desire to sink into the ease of negative thought.

We are Beings of Power

James Allen, one of England's premier philosophers and the co-founder of modern psychology, wrote nineteen books and became known world-wide for his leading-edge understanding regarding the power of thought. He summarized his thoughts on thought this way:

“As a being of power, intelligence, and love, and the lord of your own thoughts, you hold the key to every situation and contain within yourself that transforming and regenerative agency by which you may make yourself what you will.”

Our thoughts are powerful things. As we learn to control our thinking, we are able to direct our lives in the way WE choose. This is the ultimate freedom! We decide what we shall become. No one else chooses for us. Most of us are creating our lives unconsciously based on the autopilot of the subconscious. In turn, the subconscious is responding to the mental belief systems that form the operating parameters that color all incoming data. Our mind makes choices based on the skew of that data. The majority of us are completely ignorant of what constitutes the mental paradigms that underlie the lives we live and the feelings we feel.

So, the real question is, will you do the work needed to clean up your underlying thoughts and feelings? A failure to choose is also a choice. Let's admit that no matter how intensely we want to believe something that is NOT true, it will not make it so. Investing in beliefs that are not correct will always cripple our freedom. The Dalai Lama once said, “Resistance is suffering.” Resistance to what? Resistance to the truth.

Take the time now to establish new habits of thought. Suspend your tendency for automatic judgment. Observe neutrally. Where it is important for you to make choices, align yourself with truth. And remember, just because everyone else believes something does not make it so. For example, in antiquity up to the late 19th century, the practice of bloodletting was a standard medical practice. It was believed that the withdrawal of considerable quantities of blood from a patient

would cure illness and disease. Everyone believed it; therefore it must be true. Wrong.

More Thoughts

Science is telling us that the physical universe is essentially nonphysical. Does that still sound strange? Yes, of course it does. Nevertheless, this conclusion is virtually irrefutable. In the words of physicist Peter Russell:

“Atoms don’t really exist. We are dealing with elementary particles which are only potentials for existence.”

Let’s recall that both Werner Heisenberg and Niels Bohr, each Nobel Laureates in quantum physics, noted that consistent with repeated experiments:

“Atoms are not things; they are only possibilities.”

We have learned that the universe and everything physical within it arises from a field more subtle than light energy. Many scientists refer to this subatomic plane of connectedness as the Zero Point Field, or simply the Field. We have also learned that consciousness affects the field. And, we have gained fascinating insight on something else that is absolutely extraordinary about the nature of the universe: everything is somehow connected to everything else. This is the bizarre reality of quantum entanglement.

It has now been clearly demonstrated that atoms, and things so large you can hold them in your hand, can be instantly impacted by other things separated by long distances. In fact, distance makes no difference to the nonlocal influence of entanglement. Why care about how something separated by long distances can affect atoms? Well, atoms are the essential ingredients of all matter and anything that affects matter impacts the stuff of our physical world. So, entanglement is affecting us. In an article published *Nature*, a premier scientific journal well known for its careful peer review, scientist Vlatko Vedral was quoted:

“Quantum physics is accepted as the most accurate means of describing how atoms turn into molecules. And since molecular relationship is the basis of all chemistry, and chemistry is the basis of biology, the magic of entanglement could well be the key to life itself.”

One of the fundamental laws of physics says that an event in the subatomic world exists in all possible states (super position) until the act of observing or

measuring reduces it to a single state. This process is called the collapse of the wave function. The observer (that can be you or me), could be playing the critical role in the collapse of any given wave function. Two simple questions you might want to ask yourself: **What am I thinking? “What is the likely impact of those thoughts?**

Brain processes appear to occur at the quantum level. The dendritic networks in the brain appear to operate in tandem through quantum coherence. Quantum messaging in the brain takes place through vibrational fields along the microtubules, (the skeletal framework) of neurons. Microtubules and the membranes of dendrites (branched filaments in neurons), might be thought of as the Internet of the body. Every neuron of the brain appears to be able to log on at the same time and speak to every other neuron simultaneously via quantum processes. Thus, we have immense computational power. What might that mean to the quality of your thoughts? Do you have the power to change them?

Conclusions

What have we learned and what conclusions can we draw? Every decision you make is based on some construct of what is real for you. The reality of our five senses looks completely different, and even unrecognizable, when looked at deeply with a microscope. Everything we perceive in the natural world (whether with our senses or through science) comes through the filter of our consciousness, and all of that is determined to some degree by the mind's own structure. The structure of the brain is plastic. It is malleable. It can and does change. The changes to the brain are produced by mind; the essence of your thinkingness.

Reality is comprised of different levels; different hierarchies if you will. Body parts are real; cells and molecules are real; atoms and electrons are real. Consciousness is real. There's surface truth, and there's deeper truth. Consciousness and energy create the nature of our reality, and it is our habits of thought - our attitudes - that form the basis of it all. **Happiness then is the essence of our thinkingness.**

Our words reveal our thoughts. Our thoughts create our world. When we give thought to the words we use, we begin to create our lives with intention. When we give careful attention to the feelings we associate with our words and thoughts, we attract what we desire.

To be a happy person, we must master our thoughts and create a life by design. We are thinking creatures. However, most of us are not disciplined thinkers. It seems that every moment of every day is filled with thoughts. How often do we really think about the quality of those thoughts? For most of us, the answer to this

question is virtually never. And yet, every good feeling we've ever had is the direct result of good and happy thinking. That's because thought precedes feelings. So, if happy, pleasant, good thoughts engender happy, pleasant, and good feelings - and they do - then the reverse is also true.

Consider:

- Every thought vibrates, radiating a signal broadcast on its unique frequency.
- Every thought attracts a matching signal in return.
- We draw to ourselves the essence of our predominate thinking.
- Whatever we give attention to in our NOW unfolds in our future, whether we want it to or not.
- The longer we dwell on specific thoughts the stronger they become. Our attention invites manifestation.
- Our life experience is unfolding in precise response to the vibrations that radiate as a result of our thoughts.
- Worrying is using our creative imagination to create something we do not want.
- If we want our life to change, we must think different thoughts. What we think and buttress with feeling will present itself in our experience because they are a vibrational match.
- Our deepest felt desires, fears, and intentions, create the experience we will be having in our future.
- We should be careful what we wish for, as we do, in fact, have the ability to make it come to pass.
- When was the last time you challenged your thinking?
- Your thoughts are your reality.

Each of us creates our own life, moment by moment, with the thoughts to which we give the most attention. Earl Nightingale famously said:

“We are all self-made, but only the successful will admit it.”

Perhaps that is an unsettling statement. But do you really want to ignore the underlying truth that we are the ones that choose just how we will respond to any given situation, and therefore we are the ones who decide how we’re going to feel? Dr. Norman Vincent Peale famously said, “**Change your thoughts and you change your world.**” And so it is. James R Allen, the English philosopher psychologist, put it this way:

“You are today where your thoughts have brought you;
you will be tomorrow where your thoughts take you.”