

Discovering the Power of Thoughts in Light of Pt. Shriram Sharma Acharya's Literature

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Abstract

An individual's personal success, failure or misfortune is always based on a person's physical and mental abilities and his own individual strength of character. When we try to build our success by suppressing another person, spreading bad rumors about them or by simply walking over another person; then this behavior on our part is reflective of our own internal weakness of mind and character (we demonstrate that we are a jealous, angry and insecure individual). The individuals that are engaged in such small acts of vengeance find themselves losing all their strengths and abilities that they have built up over a period of time. When the fires of jealousy and ill will keep burning inside the person for a long time they kill all the person's individual bravery, enthusiasm and abilities to overcome difficult situations. Negative thoughts translate into negative energy, and increase the likelihood of negative events. Positive thoughts attract more positive energy to our aura, and increase the odds of a good outcome on whatever it is that we are focusing on. We are each individually responsible for both the good and bad in our life. Let us not blame other people for our individual life situations. Let us take responsibility for our own individual progress, deeds, thoughts and actions. We are not going to change whole world, but we can change ourselves and feel free as birds. Every thought we have in our earthly bodies is stored in our astral bodies for the afterlife. Those thoughts and actions form our karma, which helps determine the course in our next lifetime.

KEYWORDS-thoughts, life, energy.

INTRODUCTION

Many times in life we can be confronted with stressful situations that compel us to think negative thoughts, sometimes even obsessively and compulsively ! Also some people are negative thinking by nature . Both are harmful situations that we need to overcome.

What then is the **solution to overcoming negative thinking and moving towards a positive affirmative frame of mind**. The solution is replacing a negative thought with a positive thought, as soon as a negative thought comes into our mind. Do this consciously over a period of time. Thoughts can be cut ,stopped or replaced by counter thoughts.

"It is well known that fire when lit first warms the place where it is ignited and thereafter the same spot starts to burn under the heat and intensity of that fire. Likewise acid, when placed in an ordinary vessel first destroys the vessel in which it is placed.

Similarly when we harbor negative thoughts, feelings of jealousy, feelings of ill will towards another, we first harm ourselves. **Till such time that these negative thoughts persist and fester in our mind we continue to be harmed.**

Hay. Louise L, (2008) What we think about ourselves becomes the truth for us. Every thought we think is creating our future. Each one of us creates our experiences by our

thought and our feeling. The thoughts we think and the words we speak creates our experiences.

We create the situation, and then give our power away by blaming the other person for our frustration. No person, no place and no thing has any power over us, for "we" are the only thinkers in our mind. When we create peace and harmony and balance in our minds, we will find it in our lives.

Sharma,Pt.Sriram(2013),The most powerful weapon in this world is our thoughts.

Vivekananda,Swami(2009,)We are what our thoughts have made us; so take of what you think. Words are secondary. Thoughts live, they travel far. Each thought we think is tinged with our own character, so that for the pure and holy man, even his jests will have the twist of his own love and purity and do good.

Buddha (2012) Your worst enemy cannot harm you as much as your own thoughts, unguarded. But once mastered, no one can help you as much. Not even your father or your mother.

Ancient Indian scriptures, great saints, philosophers and psychologists have described components and power of mind in various ways:

Mind according to Vedanta:

Vedanta describes mind as the flow of thought and identifies four distinct categories of thought:

Chitta (memorizing), Manas(emoting and thinking), Ahamkara (identifying with, relating perceptions to an entity called 'I'; the ego), Buddhi(differentiating, discriminating, learning; the intellect).

Amritabindhu Upanishad says:

"Mind is the problem, mind is the solution." This only makes sense in respect of those four distinct categories of thought. Western seekers on the other hand, lumping all of them together, cannot but develop a deep mistrust against anything coming from the mind – which amounts to the assumption that it cannot contribute anything worthwhile to the search for truth.

Moksha Gita:

The Mind has the power of creating or undoing the whole universe in the twinkling of an eye. Slay this mind through Vichara (enquiry), destruction of Vasanas and control of its fluctuation.

The power of the mind is indescribable and unimaginable. The greatest Siddhis and Riddhis are all the effects of the working of the highly purified mind. Terrific powers and psychic abilities are the expressions of the mind when it nears the All-powerful Consciousness which is the very existence of Power itself.

According to Sri Ramana Maharshi:

"What is called mind is a wonderful power residing in the Self. It causes all thoughts to arise. Apart from thoughts, there is no such thing as mind. Therefore, thought is the nature of mind. Apart from thought, there is no independent entity called the world.

In deep sleep there are no thoughts, and there is no world. In the states of waking and dream, there are thoughts and there is a world also. Just as the spider emits the thread (of the web) out of itself and again withdraws it into itself, likewise the mind projects the world out of itself and again resolves it into itself.

When the mind comes out of the Self, the world appears. Therefore, when the world appears (to be real), the Self does not appear; and when the Self appears (shines), the world does not appear. When one persistently inquires into the nature of the mind, the mind will end leaving the Self. What is referred to as the Self is the Atman. The mind always exists always only in dependence on something gross; it cannot stay alone. It is the mind that is called the subtle body or the soul (embodied soul or jiva)."

Swami Nikhilananda of Sri Ramakrishna Math:

Every thought has a counterpart in a word or sound; the word and the thought are inseparable. The external part of a thing is what we may call the thought. The same thought may be expressed by different words or sounds. Though the sounds vary, yet the relation between the sound and the thoughts is a natural one".

According to famous psychologist Carl Jung:

Carl Jung distinguished persons according to four primary functions of mind - thinking, feeling, sensation, and intuition - one or more of which predominated in any given person.

According to Pt. Shriram Sharma Acharya:

Manas forms part of the mental sheath (manomayakosa) in the body. It stores the latent impressions (samskaras) which become part of the casual body at the time of death. Manas is often compared to citta, but technically they are not the same. Citta is mind-body awareness of which manas is a part. The mind (Manas) is fully active in the wakeful state, partially active in the dream state, fully inactive in the deep sleep state and absent in the transcendental state.

Scientific view-

Sharma, Pt. Shriram (2008) Thoughts are Electro-Biomagnetic waves perpetually arising in the mind. Thoughts are produced by the bioelectricity generated in the powerhouse of the inner self. (If you rub your hands together than the warmth generated is because of the presence of bio electricity in the body). In the event of death, on the departure of the soul from the body, the individual ceases to think.

A thought is not merely a word given to signify an abstraction, concept or feeling. Thoughts have dimensions with specific properties detectable by instruments. (One such example of this kind of instrument is the polygraph- the lie detector, which detects and presents graphics of thoughts in different states of mind).

At each moment, wave fronts of thoughts are being propelled from the minds of people into outer space. Like radio waves it is possible to transmit and receive these thoughts (e.g. by way of telepathy). The dimensions of thoughts floating in the space can be known and interpreted by yogis through extrasensory perception.

The currents of these thought waves have wavelengths and frequencies like those produced in waves of water. However there is a difference in their magnitude and process of propagation. The waves produced in a pond of water on earth fan and die out at the periphery of the pond due to the resistance of the earth. On the other hand, the thought waves which are perennially in propagation in the infinitude of space (Aakash) are never lost." Thoughts do not die. For that reason when someone says something to hurt us, that hurt remains with us for a long time.

"Each thought has its own specific characteristic, and instead of being amalgamated into an undifferentiated 'mass'; the thought retains forever its independent identity and existence. Within this structure, similar thoughts or ideas tend to be attracted from far and wide in space and form intense clusters of thoughts. The phenomenon is like water vapor evaporating from different reservoirs collecting to form clouds. (For e.g. the atmosphere in a jail, a courtroom, hospitals, a place of worship, a rock concert are all different).

When a thought arises, its frequency in the mind of the thinker interacts with those of the "masses of similar thoughts" (collective Ideospheres) in the space. The individual thought (the small magnet of the Ideosphere of an individual) enters the field of the large magnet (the mass of Ideospheres). In this way, through extra sensory perception (commonly understood as intuition), one comes to know many new aspects of a subject being deliberated upon. The information comes from pre existence in the collective mass of the Ideosphere of knowledge; i.e. ideas, thoughts and experiences of people, who had studied, pondered over and elaborated upon the subject in the past.

While thinking about activities of philanthropy and welfare, one has a feeling of great peace and contentment. This satisfaction is derived from the collective experience of people who had performed similar deeds in the past; similarly one can experience pain and tension in places where collectively people congregate for treatment of a terminal disease, burial of a loved one etc." (For example one experiences peace, calm and happiness at places of worship, whereas one can experience a feeling of tension and sorrow near an abattoir, a cancer hospital or a burial ground/ cemetery).

Mari Lloyd-Williams ,Sheila Payne,at.al(2014),They study on Thoughts of self-harm and depression as prognostic factors in palliative care patients, in this large longitudinal study, they found moderate to severe depression as measured by PHQ9 and patient reports of thoughts of self-harm were associated with earlier mortality. This paper

supports the need for supporting patients psychologically at the end of life and specifically in treating depression in this patient group.

Chiara Ruini, Silvia Ferrari, et al (2014), They study on Positive Narrative Group Psychotherapy: the use of traditional fairy tales to enhance psychological well-being and growth) In this pilot study, they tested a new narrative approach, based on traditional fairy tales, with the aim of helping distressed women overcome their difficulties and increase their psychological well-being. The preliminary results suggest that at the end of the group intervention participants reported decreased levels of anxiety and improvements in personal growth, self-acceptance, and appreciation of life and personal strengths.

Emoto, Dr. Masaru, (1999), This study convey messages from water in the form of positive and negative thinking. It concludes that how our thoughts influence our surrounding environment and our meal also. In this study show, there are two samples of water had been taken by researcher, in which one was untreated, another water sample had been taken, made a one hour prayer practice, the molecule of water sample had become a clear bright white hexagonal crystal-within-a-crystal. Untreated water had ugly blob.

Zarghuna Naseem & Ruchi Khalid, (2010), In This study finding shows that positive thinking help to reduce stress and improve health.

Joyce P. Yi-Frazier, Marisa Hillard, Katherine Cochrane, Korney K. Hood, (2012), this study finding shows that effect of positive thinking reduce diabetes in patients.

Masand, Dr. Prem (2010) there is too much negative thoughts which cause disease, when these thoughts persist long time cause following disease.

Cancer long standing resentment, deep hurt lack of love.

Constipation -holding tightly, possessive.

Cough -irritating, condemning.

Liver -anger, regret.

Thyroid -humiliation.

Stick neck-tense, resistant, intolerant.

Stomach-upset, complains, worries.

Realm of thought:

According to **Pt. Shriram Sharma Acharya (1998)**: As the sun spreads the heat and light in all directions, our mind also continuously emits energy radiations in the cosmos through the medium of thoughts, emotions, desires, determinations, inspirations etc. Every human thus inadvertently influences – even without saying or visibly doing anything – the ambience and hence many others around him via these mental radiations.

Throwing a stone in a pond produces wavy currents of water on the surface. Our thoughts also do something similar in the cosmic pool of ether. The waves generated by thoughts are more subtle and of higher frequency than the light or sound waves. These waves do not cease and continue to traverse in the cosmic expansion with superimposition on

compatible thought-waves. Because of their circular trajectory, they eventually return back to their origin with more intense resonance effect (due to superimposition), while also influencing on their way the like-minded people, or those whose minds are receptive to similar kinds of thought-waves. Their impact is negative or positive, depending upon the quality of the thought, upon the person from whose mind the thought had emerged and also upon the mental force of others in their domain of influence.

Mind- Body Relationship:

According to **Pt. Shriram Sharma Acharya**: The body is internally associated with the mind, rather the body is a counterpart of the mind; it is a gross visible form of the subtle, invisible mind. If there is pain in the tooth or in the stomach or in the ear, the mind is at once affected. It ceases to think properly; it is agitated, disturbed and perturbed.

If there are depressive thoughts in the mind, the body also cannot function properly. The pains which afflict the body are called the secondary diseases, 'Vyadhi', while the 'Vasanas or desires' that afflict the mind are termed mental or primary diseases, 'Adhi'. Mental health is more important than physical health. If the mind is healthy, the body will necessarily be healthy. If the mind is pure, if your thoughts are pure, you will be free from all diseases primary and secondary. "Mens sana in corpore sano—a sound mind in a sound body."

Impression of thoughts (Negative vs. Positive):

According to **Pt. Shriram Sharma Acharya**, only the elevated and enlightened emotions of can inspire the flow of virtuous and trenchant thoughts. The altruist sentiments, piety of character and eminence of endeavors of great souls generate corresponding thought waves and thus bestow enormously more benefits upon the world than the noted contributions of their visible deeds. Presence of benevolent sentiments and mental purity in other (ordinary) people also contributes, though invisibly, in the refinement of the subtle world by combining with compatible thought waves in proportion to their strength and intensity. The same is true of the negative effects of the untoward or debased thoughts.

The firm determination and extreme negative psychology of the demonic minds, dreaded criminals and terrorists etc. makes the impressions of their perverse thoughts, cruel, scandalous intellectual sharpness quite intense and dense. People with weaker mental makeup are often easily influenced by their thought waves.

Contribution of Pt. Shriram Sharma Acharya in rejuvenation of Ancient Indian culture through 'Thought Transformation Movement':

Vichar Kranti Abhiyan (Thought Transformation Movement) of Pt. Shriram Sharma is a unique Movement for Refinement of people's thinking and positive orientation of mass psychology. The unique experiment of "Vichar Kranti" - gradual refinement of thoughts, righteous transformation of attitude and sublime transmutation of human psychology up to the divine realms of spirituality is the foundation of this mission.

Thought Transformation Movement Includes:

- ✓ Dissemination of Righteous Knowledge

- ✓ Mass Awakening Campaign
- ✓ Advent of New Era

Thoughts have got immense power. However for most of us thoughts are only figments of one's imagination. Generally people consider thoughts as spare time entertainment, but the only reason for this is that they have never paid attention to the power of thoughts.

In fact, this entire world is a creation of thoughts. Gross material objects of physical world are nothing but the creation of subtle power of thoughts. The scriptures describe this entire Universe as the Creator's urge to manifest as many. "EkohamBahusyami". Even if we don't go that far, we can see the power of thoughts manifested all around us in the form of this evolved material world. All the material developments, arts, equipments, technological innovations, life-transforming literature are the result of the thoughts originated in the minds of their creators. First the possibility of such a creation arises in their thoughts, then contemplation and investigation on the same thought ultimately manifest as the creation.

Pt. Shriram Sharma Acharya reviewed the immortal contributions of the divine culture of India to the rest of the world and endeavoured for nurturing and re-establishing the foundational elements of the Indian Culture and the roots of its divine nature in new scientific light through several activities of the GayatriPariwar.

For the problems of 20th century generation he wrote the literature in Indian's used to language: Hindi, so that people can easily find the solution of problems associated with present culture - lack of faith, selfish attitude, dependency on machines, health problems related to stressful life and also find everything what they want to answer their any question.

Pt. Shriram Sharma Acharya said, "**Man is nothing but a devious deity.**"

He defined deep meaning of thoughts affined to divine Message of Vedas:

(1) SOHUM (I am that):

Indeed I am that, whom the almighty has incarnated in human form, attaining higher spiritual levels is easy for me.

(2) SHIVOHUM (I am akin to Lord Shiva):

Shiva means auspicious. Essentially I am a blessed person; so how can there be any place for evil in my thoughts, feelings or actions? If any inappropriate trait has stuck to me due to bad company/surroundings, it is foreign to my essential nature and I resolve to rid myself of this dross.

(3) SACHCHIDANANDOHUM - (My intrinsic Nature is - Truth - Consciousness - Bliss):

Why should I be affected by falsehood? Why should I chase a mirage? I am innate bliss; why should I vainly seek happiness in the transient world?

(4) AYMATMA BRAHMA (Thy soul is a Spark of Brahma (Divine)): As the ocean is water so also is a drop. Every ray of the Sun has the qualities of its Radiator. Howsoever small the Soul confined by the ego may seem it has the capacity of uniting with its origin - Brahma. Both tap and tank are capable of

giving water. So why should I remain caged in the false sense of identity with the ego and feel miserable; why not become Omnipresent?

(5) TATVAMASI (You are That):

You inherit the attributes of the Supreme Soul and the whole creation is your embodiment.

CONCLUSION:

Most of us spend a lot of time inside our own mind — worrying about the future, replaying events in the past, and generally focusing on the parts of life that leave us dissatisfied. While common, negative or unwanted thoughts can prevent us from enjoying experiences, distract us from focusing on what's important, and drain our energy. They can also make us feel anxious and depressed. It is not a surprise that all negative thinking is fear-based, but did we know that chronic negative thinking that goes on day-after-day creates stress that can damage the body and mind, resulting in disease or worse? Fortunately, or unfortunately, depending on how we look at it, the mind/body has a hidden defense that safeguards us from the extreme damage of fear, anxiety, depression and worry. Every conscious thought that we have is recorded by our subconscious mind. Our subconscious mind does not question or argue with the validity of a thought. It literally takes our word for it. So, if we say, “I am tired or I am broke,” it just says, “Yes, you are tired – Yes, you are broke,” and your thoughts are accurately recorded

So we can say ‘Thought makes man.’ And ‘Man makes civilization.’ There is a powerful thought-force behind every great event in life and in the history of the world. Behind all discoveries and inventions, behind all religions and philosophies, behind all life-saving or life-destroying devices is thought.

Thought is expressed in words and executed in deeds. Word is the handmaid of thought, and deed is the end-result. Hence, the saying, “As you think, so you become.” That was the reason why Pt. Shriram Sharma Acharya initiated ‘YugNirman Movement’ through ‘thought transformation’.

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