

Positive Thinking

3rd February 2005

The following are some of the thoughts generated during the discussion

What Is Positive Thinking?

When we look back in our lives, there have always been times when we have lost faith in either God or ourselves and have become distressed during difficult situations. Quite often our own perception of the situation affects our levels of stress and when we are harsh with ourselves, we enter into a downward spiral of negative thinking.

However as time passes, these distressing incidences either erase from our minds or the associated pain lessens. In hindsight, perhaps we would have dealt with the situation better had we taken on a positive attitude saving us from pain and heartache.

Benefits of Positive Thinking

Our internal thoughts form the basis of our feelings and beliefs, which in turn, affect the way we act and react in situations. We could argue that therefore, we are always in control of the way we feel, and being in control of the way we feel will affect whether or not we are in control of the situation ultimately, possibly affecting the outcome. Therefore, thinking positively means we act positively.

As Abraham Lincoln states:

'Most folks are about as happy as they make up their minds to be'

The Relationship Between Positive Thinking & The Body

Positive thoughts motivate us. As stated above, our internal thoughts will ultimately affect our actions. We can look deeper into this by examining the relationship between the mind and the body. More specifically, the two are closely related, for instance, when we are embarrassed, we automatically blush without even knowing it!

Many argue that when people begin to change their inner thoughts and feelings, they experience improvements in their performance and things seem to get better.

For instance, research was carried out on 300 healthy people, who were interviewed regularly during a two-week

period, to assess their emotional states. They were then exposed to a virus that causes common colds. The study found that those with a positive attitude were less likely to catch colds than those who were depressed, nervous or angry. Furthermore, those depressed, nervous or angry were also more likely to complain of a cold, even when they didn't have one. (*Psychosomatic Medicine, July 2003*).

However, although it would make sense to adopt positive thinking, when faced with difficulties, our first reaction is to fear the worst. It is only when we have been in that situation, and have applied the principle, do we realise the benefits. SO...the next time you get stressed out, try to think positively and then assess how much your feelings and positive reactions have improved.

How We Can Promote Positive Thinking In Our Lives

- Take comfort in God when you are feeling low or when negative thoughts enter your mind. God is positivity personalised and if we have truly surrendered to God, then we will automatically remain positive.
- As stated in the Sampuran Avtar Bani, attend congregation and keep the company of God realised souls to help keep negative thoughts out of your mind.
- Try to make at least one person happy a day, as Satguru Baba Hardev Ji state's that our happiness lies in the happiness of others.
- Make a commitment and promise to yourself to remain in control of your thinking and be enthusiastic in maintaining this commitment.
- Keep in control of your mind and body. Keep focussed at all times and don't forget: you are what you think and you feel what you want.
- Don't be upset with yourself if you haven't remained positive - accept your negative thoughts and learn to modify them to positivity.
- Read books or develop a hobby to keep you relaxed - this will surely take your mind off negative thoughts!
- In order to think positive, you must speak positive - don't use terms such 'I cant' or 'I wont'.
- Reflect on your thoughts and become aware of what is going through your head so that you can embrace positivity and increased happiness.
- How we view ourselves and how we believe other people view us determines who we are.

The more you practice positive thinking, the more effective it will become:

Ultimately, positive thinking will become a habit!