

Thoughts on Thoughts

We have a Trance Lending Library file titled Thoughts are Things. The following is an excerpt from that file. We felt that it would be interesting to tie in a discussion from The Council with a video about the subject discussed. Please read their discussion and then view the video from the link below.

The Council: Now, what we have said is that you cannot always control the thoughts that fleet into your mind, but you can control how long they stay there and how much attention you place on them. When such negative thoughts come into the mind, dispel them as quickly as possible; do not ponder on them, even if it is just to intellectualize them. Get your mind on something else.

Questioner: Are negative thoughts as damaging to spiritual growth as actually carrying thoughts into action?

C: You are referring to carrying the negative thoughts into action?

Q: Yes.

C: If one lives only in the realms of negative thoughts, then the greatest damage is done to the individual who is thinking those thoughts. Once it begins to go beyond the thinking stage, then naturally common sense would dictate that those destructive efforts will expand or extend from the individual. If there were a choice to be made, it would be wiser to keep it in a thought-form than to allow it to bleed out into a physical activity. The only situation or the only condition that would be, if we could use the term, more desirable would be to have the individual keep it in the thought form, then the responsibility is lessened as far as damage or harm done to other individuals.

If the negativity is kept simply in a thought, in other words, suppose you were to dislike an individual to the point that you would wish them harm. The greatest damage done in such an action or condition or state of being is to the individual who wishes the harm or carries the negative thought. If it is allowed to go into a physical activity, naturally then it is quite possible an innocent person or another individual would be harmed. Do you understand so far?

Q: Yes.

C: What we have said is that it would be wiser to keep it in the thought stage instead of allowing it to develop into a physical action or activity. There the greatest damage is done to the individual who has the negative thought. The consequences, extenuating consequences, to that negative thought is, how shall we say, somewhat limited. Once it goes into a physical action, then the individual not only is responsible for the negative thought and the action but the extenuating consequences of that action.

So, if we had to choose between the two, the less damage is done by keeping it in just the thought form. Our advice would be to bring yourself above a negative thought. It is part of human nature to find yourself in a situation where emotions can bring about less than godly thoughts in relationship to situations and other individuals. If the thought flows into the consciousness, very little effort is needed to replace that negative thought with something more positive.

Let us add something to what we have said. Positive thoughts are a direct inflow from your Creator. Negative thoughts are drawn simply from your own essence. So that means you must generate that energy from your own being. Does that put it in a framework that is a little easier to understand?

Q: Well, it makes sense to me that if I have a lot of negative thoughts, I am very stressed and then I spend a lot of energy, and positive thoughts don't have that effect on me. If that makes sense.

C: Positive thoughts are a recharging, not only of the soul or spiritual aspects of your being but also the physical aspects, because you are directly linking yourself then with the Source of all energy and life and that is God.

Above and Below the Line video:

There are two points in this discussion with the Council that the video link below discusses. The Council talks says, "It is part of human nature to find yourself in a situation where emotions can bring about less than godly thoughts in relationship to situations and other individuals." and "Negative thoughts are drawn simply from your own essence." The video give a little insight into the attributes of positive verses negative thinking and why many of us have a tendency towards negative thinking.

<https://www.youtube.com/watch?v=fLqzYDZAqCI>