

Painting and imagining the world in the most beautiful colors ...



“Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.”

Many of us have heard this saying. And if we think about it, it is obviously quite logical. Our thoughts are the basis for our actions and habits. Just like we know that an orange tree cannot grow from an apple seed, we have to think about our steps first before taking actions.

What is positive thinking?

We’ve heard a lot about positive thinking and we are on the right path to integrating it in our everyday life. But sometimes misunderstandings arise. Positive thinking does not mean seeing everything through rose-colored glasses and denying facts. Positive thinking is often associated with idealism. But it means accepting conditions we cannot change and making the best of them. In the end, we can decide on what we focus our attention and often it is not the things in themselves that are good or bad objectively – it is our perception of them.

Often, we only understand in retrospect why certain events were important for us. Every step we take comes with personal growth and every situation contains a hidden blessing that can manifest in learning patience, compassion, forgiving, inner strength and similar virtues. When we are ready to develop these virtues ourselves that we admire in others, it becomes easier for us to maintain a positive attitude. And the longer we maintain a positive attitude, the easier it becomes to deal with challenges. Over time, we develop positive mental powers.

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Consciously choosing thoughts of love

How does this work in daily life and how is it connected to the statement above?

If we agree that our thoughts form the basis for our actions, it would only be consistent to nourish the most positive thoughts we can and project them into our future. Out of fear, only timid action can arise. Eventually, it is therefore a logical consequence to believe in a golden age, of which many say that it has already begun. It is a logical consequence to imagine the future in the most beautiful colors and adjust our own actions accordingly. We all know the saying: As the question, so the answer. So the question can be: What would love do?



Meditation - the most positive thought orientation

This is also the reason why in all religions or spiritual paths, focusing on the "Highest" or the "Supreme" for example in prayer or meditation, is the central practice. This means nothing more than focusing on the most positive thoughts a human being can grasp and simultaneously setting the frame for a positive emotional and mental orientation. The state of mind we achieve in deep prayer

or meditation is determined by a strong feeling of oneness, universal love, deep peace and quiet inner joy.

What if it's not true?

Many people ask: What if it's not true? What if this change does not occur? In answer to this, I can only say two things. Firstly, from an objective perspective the world is neither good nor bad. When we are in love, we see everything in the most beautiful colors and when we feel sad, it's exactly the other way around. The way someone sees the world says less about the actual state of the world than about the mind setting and the thoughts of the person. And secondly, this is a yogic attitude: We do the best we can, namely maintaining the noblest thoughts possible and leave the results of our efforts to God, the universe, love, whatever we want to call it.

We create the best possible seed, we bury it in rich soil, we take care of it, we water the seed and protect it as far as we can. We leave the fruit to the higher powers. That means we cannot influence the results of our efforts. We can only try our best and hope that good fruit grows. Nothing more and nothing less.

The power of thoughts for a wonderful world

Nurturing the idea that we live in a mind-expanding, positive, friendly, uplifting, joyful age leads to positive feelings and well-being. From this position we can perceive signs of the realization of this vision everywhere if we just want to see them. This in turn strengthens the original thought. So become part of the vision and do what you can to the best of your ability to achieve it. **Think big.**





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**"Imagine the universe beautiful
and just and perfect.
Then be sure of one thing:
The Is has imagined it quite a
bit better than you have."**

from "Illussions" by Richard Bach

I have a dream ...

Martin Luther King

Imagine Tomorrows World

Friedensreich Hundertwasser