The Art of Positive Thinking

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The general meaning of positive thinking is having "good" thoughts, which are full of hope and without any thoughts of failure, destruction, and fear. If you dare confront your boss about being real, you may get骂ed or even get fired. If you remind your spouse about saving for future, you are definitely about to be placed in isolation. Such as "Oh come on! Don't be a pessimist, think positively." A glint accompanied by a sigh may follow, meaning "You hopeless fellow."

To be aware of the uncertainty of life; to remain grounded, and to be able to foresee risks are indicators of positive thinking. Actions which bring happiness and virtue to our fellow beings and us, originate from positive thinking.

Thought is a force, it has immense power. Positive thinking is not about just having good thoughts, but to feel and believe in rightfully getting what we want. It is commonly understood that we all manifest our beliefs, but it is really a manifestation the feelings behind those thoughts.

But should we only manifest our positive feelings? The answer is: through right action.

Paramahansa Yogananda, the author of Autobiography of a Yogi, says that it is not enough just to think of success or think of ideas; they must be demonstrated. To think about success, you must make yourself virtuous. So thinking about success, does not make you successful. All actions begin with some thought. In the action on the plane of consciousness. To be manifested, that thought must have some dynamic will by concentration and perseverance to make the indescribable power of the mind.

So while thinking and feeling is the beginning of any action, our thoughts have to be charged by dynamic will, concentration and perseverance so as to render the indescribable power of the mind. Merely having great thoughts is of no consequence if we do not set into motion the corresponding laws of action.

And then, why does it become so difficult to accomplish positive action? Yoganandaji says that it is inevitable in this world of relativity—light and darkness, good and evil—that whenever you try to expand, you will encounter opposition. This holds true for all endeavors. Even if you try to accomplish anything, there is resistance. As soon as a plant tries to grow, if it sees there is resistance from the earth, and then the plant tries harder. If it has to struggle against the weeds that compete for its food and water. And that struggle is true for human beings.

Resistance and inertia are always there. The forces we feel are clouded with doubts, moods, and negative emotions. But what can make us victorious is the fact that we are endowed with the natural positivity of our creator.

No matter how great the inner resistance, no matter how many obstacles we are enwrapped in negative thinking and negative behaviour, those wrong habits cannot exist if we are sufficiently confident of our destiny by changing your thought. Do whatever you like, and your mind's concentration in this way does not cost you a thing. No one else can see it, and you can change your destiny according to your will.

Bad habits are the worst enemies you can have. You are punished by those habits. They make you do things you do not want to do, and leave you to suffer the consequences. You must drop bad habits and leave them behind you as you move forward towards a transition from old habits to better habits. In this coming year, you can make a solemn promise and form new habits that are for your highest good.

Plugging away at the negativity within and focusing on positive thoughts as well as by focusing on right action, you will become a shining example of positivity and will eventually be the one to win the battle of life! (Swami Suddhananda Giriji is a member of the Yogoda Satsanga Society of India and the views expressed in the article are his own)