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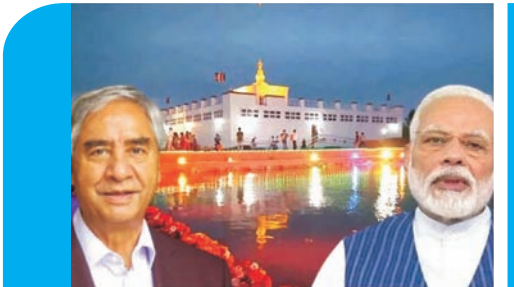
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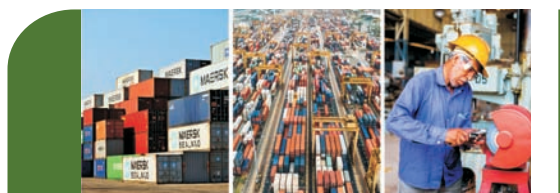
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# Know the Power of Thoughts

Intangible and abstract things have more often greater power and potential than tangible and concrete things. The power of thoughts is more often greater than the power of actions. Thoughts that arise in the mind or are inscribed on paper have great potential. Good and great thoughts create positive vibrations that affect human beings for their welfare. Similarly, unhealthy, bad and negative thoughts emit negative vibrations that cause harm and damage to human beings. Thoughts move the world; they bring about revolutions, and catastrophes in case the thoughts are bad. French Revolution was brought about by the thoughts relating to liberty, equality and fraternity. They created ripples and reached the other end of the Atlantic where in America they created history by bringing independence to the country. Physical presence of a great thinker is not necessary for the thoughts to leave their impact on mankind. Plato, Aristotle, Karl Marx, M. K. Gandhi etc. revolutionised the world even after they were no more in the world. It is essential that we think positively, because positive thoughts leave good impact on our mental, physical and spiritual health. Negative thoughts are damaging; they give birth to diseases and bring about physical, mental and spiritual downfall. We must thus realise the power of thoughts and inculcate in ourselves a tendency to think positively.

*"Great thoughts reduced to practice become great acts."*

—William Hazlitt

*"If a person lived in a cave for the life, and died there, having great thoughts, his thoughts would not die or fade away. After some time, they would pierce the walls of cave, come out and envelop the whole space, and then have their effect on the whole society. Thoughts have that power."*

—Vivekanand

*hint that our thoughts often travel ahead of us and create atmosphere accordingly. This fact explains why we feel comfortable in the presence of some people and are uneasy in the presence of others. Our thoughts emit vibrations according to their nature and affect those all around. It is only the change within that can bring about change in the outer world; change within can bring about change in the very outlook towards life.*

An old woman, with her young daughter, was going to her village. It was getting dark and the way was almost lonely. Naturally the lady was feeling concerned about her daughter. Just then a young man, riding on a horse passed by. The woman stopped him and requested him to give a lift to her daughter and drop her at the turn of the road about a mile (about 1.5 km) ahead. The young man declined to oblige her, and galloped away. After a couple of minutes he thought how foolish he had been. He could have easily and safely taken away the damsel with him. He turned back and stood before the old woman in an apologetic manner saying "Let your daughter, my sister, sit with me on the horse's back. I shall drop her at the desired place." The old woman replied calmly, "Dear young man, thank you very much. I wouldn't send her with you now. The angel who advised you to return back, advised me also, not to entrust the daughter to you."

You can well make out the point. The thoughts of the young man did reverberate in the mind of the old woman, and made her aware of the youngman's intentions. In turn, we should take the