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Pure Thought

by Rebbie Straubing

When the rays of the mind are scattered over diverse objects you get pain. When the rays are gathered and collected by practice the mind becomes concentrated and you get Ananda (bliss) from within. Swami Sivananda

It's hard to imagine that something as simple as pure thought can completely change your life. It's even more perplexing to imagine that something as abundant and accessible as pure thought can change the world. And yet it can. And it does.

What aim is to the arrow, your thought is to your action. The more shifting and conflicted your thought, the less likely you will be to hit your target. The power of pure thought wins the prize. It works personally, spiritually and in the world.

Personal Thought

Never underestimate the starting point. The grain of sand that initiates the pearl, the power of the Olympic swimmer's push-off as he begins the race, the tiny seed that metamorphoses into a giant shade-tree, these unassuming starting points are all personal. The oyster is irritated, the swimmer is motivated and the seed is inspired. Whatever is moving you, it is personal. And that is your starting point.

The oyster that gives up makes no pearl. The swimmer who hesitates loses the race. The seed that resists the call to life never expresses its full beauty. Giving up, hesitating and resistance of all kinds sends the arrow off in the wrong direction. It may be a perfectly good arrow but if it points the wrong way, it hits the wrong mark.

Abraham tells us that holding 17 seconds of pure thought is equivalent to 2,000 action hours. Doubling it to 34 seconds increases the number of action hours tenfold to 20,000. And 68 seconds of pure thought is equivalent to 2,000,000 action hours. (That's over 200 years of non-stop action.)

Can we hold our arrow steady for 68 seconds? Can we stay focused and filled with joy and confidence as we think purely about a subject? What a happy arrow it is that finds itself in the hands of an archer with pure thought.

Spiritual Thought

Holding an unconflicted thought will make you a magnet for that thing you are thinking about. What if you think purely about love or kindness? What if you devote 68 seconds of pure thought to your greatest and most expanded, loving sense of what we call God? Without giving up, hesitating or resisting in any way, imagine tuning your mind to the vibration of divine love. Unconditional love. Pure love.

Pure thought about pure love is spiritual thought.

World Thought

Once you have eased your irritations, acted on your motivations, answered your call to full expression and tuned yourself to pure love, what's next?

With a deep respect for the power of your pure thought, you may feel inclined to turn your attention to the world. You may feel irritated, motivated or inspired to take action that will impact the world more directly. Having trained yourself at aiming your arrow, you may focus your pure thought on the possibility of world peace or the nurturing of our dear Earth. You may turn your gaze to feeding those who are hungry or sheltering those who need homes. You can turn your attention to the wild animals or the oceans. And having achieved pure thought, you can beneficially impact the world. You no longer waver from your thoughts of what is wanted. You don't get sucked into the vortex of despondency, hesitation or violence. You hold your aim and act from joy.

Wallace D. Wattles tells us, "Man can form things in his thought and, by impressing his thought on formless substance, can cause the thing he thinks about to be created." Your creation will match your desire in direct proportion to the purity of your thought. Whether you want a pearl, divine love or world peace, your unconflicted thought will glide you through the most direct channel to your goal.

Start where you are. Move from one step to the next. Pure thought will take you the whole way.

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