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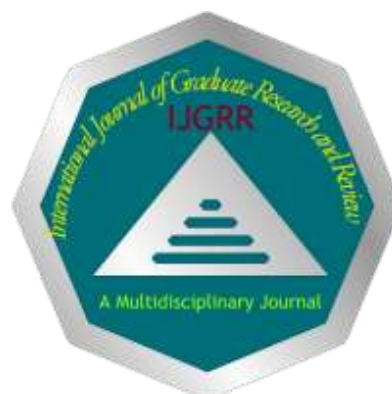
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Scientific Approach of Power of Thought

"The whole of science is nothing more than a refinement of everyday thinking."

~ **Albert Einstein**

Ideas or arrangements of ideas, that are the result of the process of thinking, is believed as a thought. Actually, thought is the output of one's mind based on input in the various information by various sources. It is believed & has been proved scientifically that thought power is the key to creating our reality. Everything we perceive in the physical world has its origin in the invisible, inner world of our thoughts and beliefs. To become the master of our destiny, we must learn to control the nature of our dominant, habitual thoughts. By doing so, we will be able to attract into our life that which we intend to have and experience as we come to know the Truth that our thoughts create our reality.

Every important creations in the world is a reality now is the result of thought of any person in the past. Put another way, the conditions and circumstances of our life are as a result of our collective thoughts and beliefs. Napoleon Hill said it best when he said, "*Both poverty and riches are the offspring of thought.*" Every aspect of our life, from the state of our finances to the state of our health and our relationships, is accurately revealing our thoughts and our beliefs.

Dr. Masaru Emoto demonstrated scientific proof of thought power in 1994. He conducted an experiment with water to test out a hypothesis about how positive and negative energies affect our environment. He froze bottled water and studied the molecules under a microscope in two sets, one with positive thought and other with negative thought. In 1st set we gave a thought on bottled water, "I love you", in other set he gave thought, "I hate you". After a few hours of refrigeration, the microscopic photograph of both sets was different. Human body contains around 70-75% water in body, which can be altered by thought power.

Germany Kent said, "*Positive thinking is powerful thinking. If we want happiness, fulfilment, success and inner peace, start thinking we have the power to achieve those things. Focus on the bright side of life and expect positive results.*" Most people have it back to front, believing that they feel or think a certain way because of their circumstances, not knowing the truth that it is their thought power that is creating those very circumstances, whether wanted or unwanted. By internalizing and applying this Truth, that our thoughts create our reality, we will grant ourselves the power to create the changes we want to see manifest in our life. Reality creation is an inside job.

The neuron is the basic working unit of the brain, a specialized cell designed to transmit information to other nerve cells, muscle, or gland cells. Neurons are cells within the nervous system that transmit information to other nerve cells, muscle, or gland cells. Most neurons have a cell body, an axon, and dendrites. The thought energy is transported by these neurons according to signals to whole body.

Our mind is part of this One Universal Mind and since our thoughts are a product of our mind, it follows that our thought power too is limitless. Once we truly understand that our mind is one with the Single Source of All Power and that this power is within us, we will have found the only true source of infinite power for which nothing is impossible and impossible is nothing. Know that thought power comes from within. Accessing the source of All Power starts by looking inwards.

William Walker Atkinson explained, "mind is static energy, thought is dynamic energy - two phases of the same thing" and Charles Haanel went on to say that "thought power is the vibratory force formed by converting static mind into dynamic mind". Our thoughts are alive. Each time we entertain a specific thought, we emit a very specific, corresponding frequency or energy vibration.

The basic premise of the Law of Attraction is that as energy attracts like energy. We attract to ourselves those things and circumstances that are in vibrational harmony with our dominant frequency, which is itself determined by our dominant mental attitude, habitual thoughts and beliefs. Mike Dooley, one of the presenters of the movie *The Secret*, fittingly suggests that if we want to know what a thought looks like, just look around us. Keep in mind these three words "thoughts are things".

The attractive power of any particular thought is determined by how often we have that thought and by the strength of the feelings or emotions associated with it. The more energy we give to a particular thought, the greater its power to attract its corresponding circumstance into our physical world through the Law of Attraction. Our one-off, passing thoughts do not have the same creative power as our habitual thoughts and beliefs. Remember, that it is of little use to entertain positive thoughts for just a short burst of time each day if we then proceed to think negative or unwanted thoughts for the rest of the day. A negative thought cancels the benefit of a positive thought and vice versa. Since our reality is the sum total of all our thoughts there are many factors influencing our life. This makes it difficult to directly join the dots between the cause (thought) and the effect (circumstance) but the causation is always there.

Our subconscious mind is the storehouse of our deep-seated beliefs and programmes. To change our circumstances and attract to ourselves that which we choose, we must learn to programme and re-programme our subconscious mind. The most effective and practical way to do so, is to learn the simple process of creative visualization. It is the technique underlying reality creation, making use of thought power to consciously imagine, create and attract that which we choose. Our imagination is the engine of our thoughts. It converts our thought power into mental images, which are in turn manifested in the physical realm.

It is important that we learn to be aware of our habitual thoughts and to appropriately adjust them to maintain an overall positive mental attitude. However, be careful not to become obsessed with every thought that enters our mind as this would be equally counter-productive, if not more so, than not being aware of them at all. Remember that to obsess over our negative, unwanted thoughts, is to give them power and as the saying goes, what we resist persists. So instead of resisting any of our negative thoughts, simply learn to effortlessly cancel them by replacing them as they arise.

It is estimated that the average person has between 12,000 and 70,000 thoughts a day. This is evidence enough to suggest that our goal should not be to control every thought. It is our dominant thoughts and beliefs that we must learn to bring under our conscious control, as they are what largely determine our mental attitude. As we do, we will find our random thoughts themselves becoming more positive and more deliberate.

Finally, our life is the perfect mirror of our thoughts, beliefs and dominant mental position. Whether we realise it or not we are already creating our reality through our thought power. Every result we observe in our outside world has its original cause within us - no exceptions. To achieve to the greatest creative power at our disposal, we must learn to control the nature of our habitual thoughts and to align ourselves with the One Source of All Power of which we are a part. Our thoughts create our reality - know, internalize and apply this Truth and we will see our life transform in miraculous ways. This editorial is concluded by following quotation.

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."

— Wilfred Arlan Peterson

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