

SOUL LIGHT - Fifty Six

THE CENTRE OF 'THOUGHT' IS 'U' !

My last article encouraged many of you to write – thank you!

One person wrote: “I fired my inner critic recently. My inner peace is working with me now.....”.

How good is that?!?!? It’s something to deeply aspire to!

Another friend wrote: “Much of what I've been reading says we have no control over our thoughts. Our brain makes decisions earlier than we're aware of them, so we actually have little control over what thoughts or decisions come our way. My experience backs that up, although I do (seem to) have control over whether I focus on a thought that comes up, obsess over it, release it, believe it, or just watch it pass through. However, I suspect that I don't have control over any of that either.....”.

My response may hopefully help others who have had the same idea:

Of course we have control over our thoughts – if we choose to! Didn't even those people who write “we have no control” have control over what they wrote?

Would you ever trust anyone who said they have no control over who they are or what they do? Even Jesus had control over what he did - even if it was to surrender to his Higher Self!

Surrendering to our Higher Self we simply give control to that which we really are; and remove control from the ego. We – the real ‘us’- then gains control!

Naturally, our autonomic system operates independently from consciousness - but that in no way refutes the reality that we can have control over most of what we consciously think.

In this way we can ameliorate and repair dysfunctional early-childhood perceptual programs. If we couldn't we'd never be able to change! We'd always remain in sabotaging delusion!

We can also choose love and compassion as our expressions of life (so easy when we connect so naturally and easily with them!).

The same writer also mentioned: “We appear to have free will, yet it seems we do not”.

My reply: Of course we have free will – always – but only over our thoughts (the input) - never over the results of those thoughts (the output).

Naturally, we have no will over the thoughts (and therefore, the actions) of any others.

Our thoughts are always ours to own – the actions that flow are no concern of ours.

Understood correctly, this is the end of our sense of failure (in any area of our life), of worthlessness, of uselessness, of not being good enough....

It’s also the start of genuine self-appreciation and self-worth.

I shall leave the last word to a regular respondent who exemplifies this in everyday action....

Yesterday I hopped into a taxi in Sydney and asked the driver, "Fox Studios please"

His question to me: " the professional entrance then?"

I said "Yes please.....How did you know that?"

He said "Because you look professional".

This I found odd as I still dress like a teenager at the age of 42!

I then said to him "You're very intelligent"

The Japanese driver said "Intelligent? No! Not a taxi driver!"

I replied: "Yes you are. And a good man, too".

He cried, almost shook my hand off and thanked me a million times over....

What will you do this week with YOUR thoughts?

Love and blessings,

Les