

Thoughts and your Health



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Our mind-body connection is far more powerful than we realize. Our thoughts influence our emotions through the way we experience the world around us. Even when we imagine future situations or visualize potential outcomes, our bodies physically respond to our thoughts. There is a direct connection between our thoughts and physical health....

Thought Forms and Health

What comes in our mind when we hear the word Thought forms?

Well, The first time I heard my mind immediately dissected it: Thought as in what we think and forms as an output of what we think.

Yes, it is a one level of interpreting. But today I can say it's much more than that, in fact I would term Thought forms to be an integral part of our daily life.

Do we think daily? would you agree with me? Yes, of course, the process of thinking generates Thought forms.

What kind of Thought forms do we generate everyday: Positive or Negative would be a broader classification to start with. A positive thought form impacts us in a positive way and a negative thought form impacts us in a not so good way.

Each Thought form we produce has 2 effects:

Radiating Vibration effect: this is the immediate effect of any thought in our emotions feeling of Love, Compassion, Affection, Devotion, Empathy, Fear, Anger, Anxiety, Greed and more.

Floating form effect: this is the outcome of how strong or how impactful the thought was when it was

created in our process of thinking, this stays in our Aura and grows as we regenerate the same sets of thought again and again.

Now let's get deeper, every time we generate a thought form, we feel it in our emotions immediately and the same stays in our Aura depending upon how strongly we felt that emotion when we were thinking and how many times repeatedly, we have thought it. If, we imply this to positive thoughts we would be feeling bliss, everything around us seems very good, an environment of Happiness and everything thing in life looks achievable. Isn't this a good thing? Absolutely!

If, we imply this to negative thoughts, we would be feeling anxious, anger, stress, fear, everything seems miserable, faulty and an environment of all possible reasons to blame and convict people/situations around us. Is this what most of us want to be? NO, but we land here sometimes and get caught in this whirlpool. This whirlpool hits us again and again and we make a repeated cycle to receive this. Why? Because WE created these thought forms, Remember!

It's a Universal Law of Attraction, Like Attracts Like, hence what we create in our thought we shall attract that.



The **thoughts which we create** (this happens in mental body) attracts the **corresponding emotions** (this happens in emotional body), the emotions we feel makes us **respond/ react** in words and then in **actions** (this happens in physical body).

Can you picture it now, how a thought form can lead us to choose words in speech, react or respond to people/ situation in a certain way, hence it's an integral part of our life and who we are.

Please take 30 seconds to 1 minute to reflect on how you are feeling now mentally, emotionally and physically, you will have a better understanding of you as a being.

The Power of thoughts is such it has an impact on our mental, emotional, and physical health. How do you think we can leverage the Power of thoughts to make the most out of it?

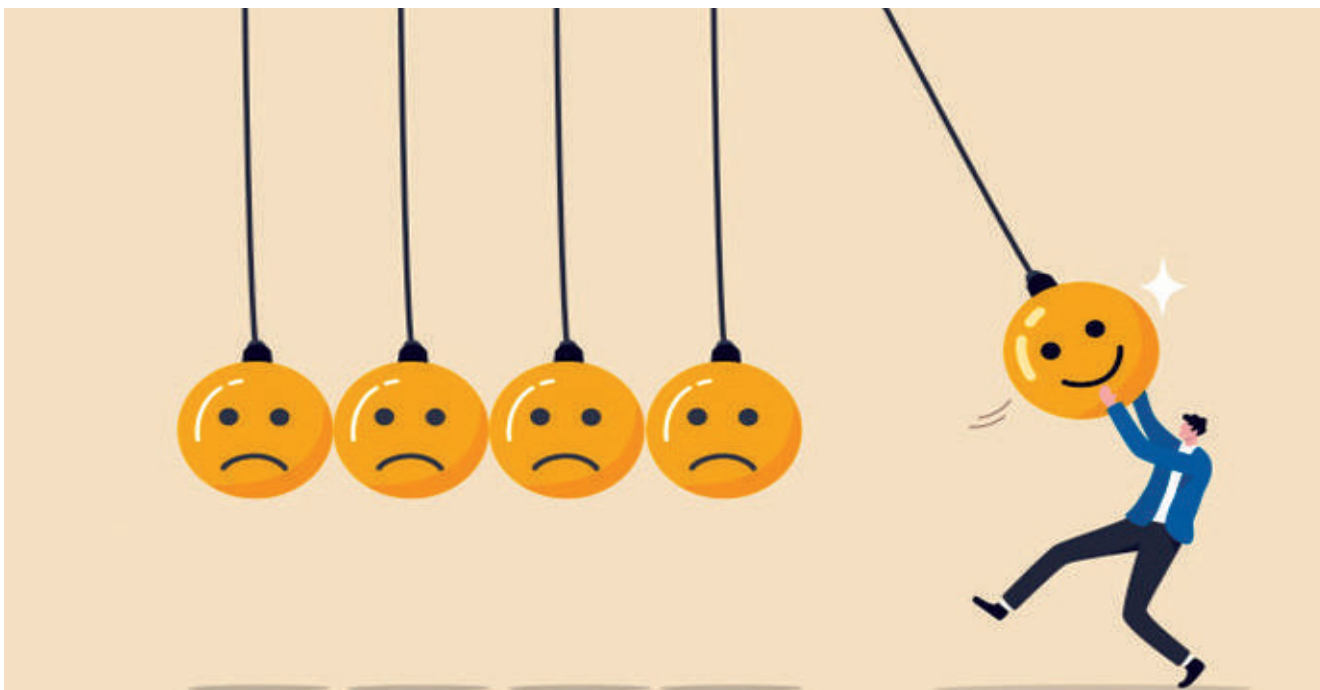
- We can use right thoughts to feel good, happy about ourselves and others.
- We can use right thoughts to have better outcomes at both professional and personal life.

- We can use right thoughts to manifest/ achieve our goals/ objectives/ dreams.
- We can use right thoughts to be able to serve others and nurture the society and make an impact.

You may think now, but how can we always have right thought forms? It's a journey and there is no end point but yes its achievable easily if you are aware and open to adapt/ implement the below, it may seem 3 simple steps yes but they are powerful.

RELEASE: Whenever you have a negative thought in your mind, the first thing is to acknowledge you generated it, do not be too hard on yourself, close your eyes, be aware of the thought you created, now you can put this thought by visualizing it inside a bubble or a balloon and imagine you pricked the balloon or the bubble and it has vanished.

REPEAT: Now that you have visualized the thought form is vanished. You will continue to do this as many as times the repeated thought comes , you will get a hang of it over a period of time.



REPLACE: You will now choose the right/ positive thought form to be replaced with the later one, this is the point of creation where you are training your mind to replace with right thought form every time when you release the one which is not required.

Few more things which you could explore/add in your life for better **mental, emotional and physical health:**

Meditate - Any form of meditation creates awareness and this helps us to be aware of our thinking pattern, eventually helping us labelling our thoughts and working on them leading us to a sustainable spiritual growth and balanced life.

Thought Journal - Writing our thoughts down is an exercise to be one step closer to acknowledge what we are feeling, this helps our sub-conscious mind to release the thought forms and bring to awareness to us and reflect upon our journey of thoughts over a period of life.

Self-Talk - This is my favourite technique, whenever there is a whirlpool of thoughts, I find a quiet place, close my eyes and talk to self of what I am thinking , how is going to help me? Is this thought helping me move further or pulling me back ? I label them and acknowledge them and you the triple R technique of RELEASE, REPEAT and REPLACE.

Choose your surroundings where you can - We all are in ocean of thoughts because we are in constant touch with people and interacting with them, our screen time on various platforms like social medias, Netflix, Prime Video, News channels etc also contribute a lot of thoughts we create so choose wisely.

Walk/Hike/Spend time in Nature - This is most therapeutic one when you walk/hike/ or choose to spend time amidst nature alone you observe your thoughts, as you observe them you label them and recognize them and consciously release them, nature is the best healer.

All of above what we read is directly contributing to our well-being, and we can take control of our health & well-being by taking control over our thoughts. I am grateful and thankful to my Guru Master Choa Kok Sui for his blessings and priceless teachings through which I can impart what I have written. Hope this article helps you as a reader and you are able to help others by spreading the knowledge of Thoughts.

Think Right, Stay Healthy!!

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