The Art of Right Thinking

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Introduction

- Four doors of liberation
  - Charity
  - Celibacy
  - Austerity
  - Thoughts
Value of Thinking
Value of Thinking

Air in the Tier
Two Types of Thoughts:
Two Types of Bhav

- Bhav Naashini
- Bhav Vardhini
Three Types of Thinking

Bad

Good

Best
Bad and Good Thinking

- Wrong or Right Thinking
- Negative or Positive Thinking
- Pure or Impure
Meaning of Thinking

- Attitude (100)
- Waves of mind
- Reflection
- A way of reasoning;
- Judgment
- Opinion
- Set of ideas
- Reaction
Factors that determine our Thoughts - 3 E’s

- Environment
- Experience
- Education
Negative Thinking

- A seed that rises thorn in the tree
- Creates obstacle in every activity
- Evokes stress
- Makes unsuccessful
- Cause of diseases
- Creates doubt on the self and others
- Restricts the progress of life
- Neglects all
Negative Thinker / Pessimists

- Are unhappy when they have no troubles to speak of
- Complaint counters
- Turn off light for darkness
- Looks cracks in the mirror of life
- Stop sleeping in bed - hear that more people die in bed than anywhere else
Negative Thinker / Pessimists

- Cannot enjoy health -> sick tomorrow
- Believe that the sun shines only to cast the shadows
- Forget the blessings and count the troubles
- Good- bad, better- worse
- Always look for the negative... (R Fulton.. steamboat.. never start.. stop..)
Right / Positive Thinking

- Seeds giving fruit
- Energetic
- Happy
- On top of the world
- Future looks bright
- Free out of innumerable worries, tensions and fears
- Key to all problems
Negative/ Realistic / Positive

NEGATIVE

IT WILL NEVER HAPPEN

REALISTIC

IT COULD HAPPEN

POSITIVE

IT WILL HAPPEN
Difference between positive & negative thinking

Positive thinking
- They are winners
- Always has a program
- Says “let me do it for you”
- Sees an answer for every problem (stop clock)
- Stand firm on values but compromise on petty things

Negative thinking
- They are losers
- Always has an excuse
- Says “that is not my job”
- Sees a problem for every answer
- Stand firm on petty things but compromise on values
Difference between positive & negative thoughts

Positive thinking

- Says “it may be difficult but it is possible”
- Makes a mistake & says “I was wrong”
- Makes commitments
- Have dreams
- Say “I must do something”
- Are a part of the team

Negative thinking

- Says “It may be possible but it is too difficult”
- Makes a mistake & says “it wasn’t my fault”
- Makes promises
- Have schemes
- Say “Something must be done”
- Are apart from the team
Difference between positive & negative thoughts

Positive thinking
- See the gain
- See possibilities
- Believe in win/ wins
- Choose what they say
- Use hard arguments but soft words

Negative thinking
- See the pain
- See problems
- Believe for them to win someone has to lose
- Say what they choose
- Use soft arguments but hard words
## Difference between positive and negative thoughts

### Positive thinking
- Follow the philosophy of Empathy: “don’t do to others what you would not want them to do to you”
- Make it happen
- Plan & prepare to win
- Are like a thermostat

### Negative thinking
- Follow the philosophy, “do it to others before they do it to you”
- Let it happen
- Plan but no preparation
- Are like thermometers
The Circle of Thought

- Describe
- Elaborate
- Decide
- Plan
- Act
How to Think Right

- Make a habit of doing it now..
  He slept beneath the moon
  he basked beneath the sun
  he lived a life of going to do
  And died with nothing done (kal kare so..)

A completed task is fulfilling and energizing; an in completed task drains energy

I will do it one of these days” be sure it means none of these days
How to Think Right

- Become aware of the principles that build a positive attitude
- Desire to be positive
- Don’t blame others
- Change focus, look for the positive- see guna instead avaguna (see glass)
- “be so strong that nothing can disturb your peace of mind
- Talk health, happiness, and prosperity to every person you meet
- Look at the sunny side of everything
- Think only of the best, work only for the best, and expect only the best
How to Think Right

- Give everyone a smile
- Be as enthusiastic about the success of others as you are about your own
- Forget the mistakes of the past and press on to the greater achievements of the future
- Spend so much time improving ourselves that you have no time left to criticize others
- Be too big for worry and too noble for anger
How to Think Right

- Exquisites..
- Take time to smell the roses
- Have a stock of positive before itself to overcome the negativity in the future.
- Body with junk food and mind with bad thoughts will make body & mind sick respectively
How to Think Right

• Stay away from negative influences
• Don’t be jealous and avoid them, instead praise and accompany them and you will be as them
• Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible
• Practice having a positive thoughts until they became a habit
• Start your day with something positive
Thoughts....

- Body need good food - mind need good thoughts everyday
- We cannot solve our problems with the same thinking we used when we created them
- Your time is limited, so don't waste it living someone else's life
- Don't let the noise of others' opinions drown out your own inner voice
Thoughts....

- if everyone is thinking alike, then somebody isn’t thinking
- Let our advance worrying become advance thinking and planning
- There is nothing good or bad but our thinking makes it good or bad
- Your life is a 'work-in-progress'. Edit and evaluate your thoughts, feelings, emotions, words, tones, and actions in order to achieve happiness and avoid pain.
Conclusion

Now it is your own choice
What do you want to choose
Positive/Negative
Wrong / Right
Thinking