

# Thoughts to Ponder

You Can Change The World

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Whenever our world appears to be chaotic, it is necessary for each of us to look within ourselves. Our thoughts, words, and actions are creative energy. We have the power to change our world simply by starting with our thought patterns and changing our consciousness.

Have you ever noticed the effect on a room full of people when a happy, glowing personality joins the crowd? How about when an angry or grumpy individual suddenly walks in? The entire energy in the room changes, does it not? A smile or a scowl can alter the dynamics of the whole area, because we are intertwined. It is time we recognized our oneness.

In order to feel united, we need to forgo our ego. We can no longer think in terms of *I* or *me* but must think in terms of *we*.

We need to let the concept of oneness permeate our consciousness, and see ourselves as a part of the whole. Each of us is a cell in the body of our Source. Each is a drop in the ocean of humanity, no less important or more important than any other drop that makes up the sea.

If the other drops are in turmoil and are creating a huge wave, we too are riding that wave. We cannot disconnect ourselves. Our life flows with the whole. Each person's attitude affects all.

Look around you and note what is happening in your world. You are not separate from it. You are enmeshed with it, no matter how much you try to deny it. Everything that happens to mankind as a whole affects you. And everything that happens to you affects all! So you see, we are dependent on each other; we are connected.

When too much negativity is occurring throughout our world, the mass of humankind is out of balance. It takes a mass effort to get it back into balance. Each individual must find peace within self. As the majority is brought back into balance, the mass is brought into balance. Each of us contributes to and is influenced by the mass consciousness, and each must work to keep it positive.

When one cell of our body becomes toxic, the toxicity spreads, and soon the entire body—every organ, every system—is affected. We are a cell in the body of mankind. We cannot let ourselves become toxic by the negativity of our own thoughts. If we maintain a positive and peaceful attitude, we will see a positive effect on those around us. It is up to each member of the whole to create the health and welfare of all. A peaceful and prosperous world starts with us, individually.

Dr. Masaru Emoto, a scientific researcher in Japan, spent ten years taking thousands of pictures of ice crystals. His research demonstrates that the molecules in water respond to words and thoughts. When positive words are directed to water, a drop of which is then frozen, photographs reveal beautiful snowflake-like crystals, while negative words or thoughts result in malformed and ugly crystals. The words that resulted in the most intricate and beautiful crystals were *love* and *gratitude*, no matter in what language they were spoken.



Water also responds, negatively or positively, to melodious music vs. hard rock, or to harmonious attitudes vs. anger or fear. Considering that our bodies are mostly water, we can visualize what happens when the water within us is subjected to anger, fear, or hate.

Every word has its own unique vibration, so imagine the impact of words on the blood flowing through our veins. We are, after all, 70% water. Consider that the bodies of animals, birds, and all living creatures, including plants and trees, also contain large amounts of water. Moisture is in the very air we breathe.

Physicists have discovered that photons of light also respond to words and thoughts by morphing from waves to particles, a prelude to form. Like a bombshell, it hits us that everything in our world is influenced by words, thoughts, or emotions!!

At this point we realize that we can control our environment, whether we recognize it or not. Our gardens and crops respond to our attitudes. Weather patterns are under our control and are our responsibility. Our consciousness affects mass consciousness, and so the influence becomes worldwide. We are truly our brother's keeper, as he is affected by everything we say or think, by our attitudes and dispositions. The frequencies of words directed to any individual are not altered by distance, and he or she will unconsciously respond to those vibrations.

What changes in our health and happiness would a few kind words and a friendly smile bring about? The effect, individually, would be immediately noticeable. What if everyone greeted all the people he meets with gracious words and a happy, loving countenance? Each of us has a powerful influence and a wonderful opportunity to brighten those around us.

But let us carry it a bit further. As each person we meet while radiating love is lifted in spirit, he or she will unconsciously pass on the effect. The result will snowball. Think about it. As each person's consciousness is raised a notch through loving kindness, thousands of others will be uplifted. See how powerful we are!

The world we live in now is filled with fear, despair, anxiety, and frustration. These emotions feed upon themselves and spread, and spread, until our whole world becomes as chaotic as our negative emotions. And here's the kicker, the solution lies within each one of us!

Dr. Emoto talks about the morphic field that is formed around certain locations. This occurs when something happens twice in the same place, making it more likely to happen again due to morphic resonance. Once a morphic field has formed in one place, the morphic resonance will spread so that other locations will be impacted as well. So whenever you are directing love and gratitude to water in one place, water in other areas will respond. In the same manner, loving thoughts directed to a person or group, will impact many others. That is how we can spread love and gratitude worldwide.

This brings to mind what Psychologist Karl Yung called the collective resonance. Science is finally endorsing the power of our words, thoughts, and consciousness. Positive words raise mass consciousness. Negative words lower it. By keeping our words, thoughts, and intentions in a positive mode, we can change our world!

One of the first things we need to do in order to spread positive attitudes of love is to give up our prejudices. When you think about it, the only differences among us, other than small variances in features, size, or skin color, are cultural differences, which have developed mostly, through adaptations to the widely varied environments



of the various geologic areas of our world. These different belief systems are programmed into the minds of our children.

In our present era, we see a merging of cultures, as our means of travel have progressed to the point of allowing the intermingling of peoples in the various societies. This presents a grand opportunity to learn from one another, to discover the wisdom that has evolved in all areas of the globe. Each society, even in the most remote sections of our world, has something of value to teach another.

Slowly the mindsets of *we/they* are breaking down as people discover their similarities and explore the values in their differences. An open mind and a willingness to learn from one another's wisdom, which evolved from ages of unique living experiences, can bring great growth to all who are willing to look beyond their own prejudices. The periods of separation, as well as the present opportunities of intermingling, have had an important function in overall growth and evolution of mankind. The adaptations learned by each society have provided knowledge for all.

Therefore, we should welcome our differences, study each other's experiential learning, and marvel at the wisdom developed in all societies in adapting to their unique circumstances. We are each other's teachers and each other's students. We can love one another, for there is much to learn and much to appreciate. Are we not all brothers and sisters, the offspring of the same Creator?