

SOME THOUGHTS ON THOUGHT

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“. . . Buddha always taught that the thoughts were the most important and were the actual deeds, the things in themselves, and that the outer deed was but the expression of a thought, and that only by good thoughts could we attain to perfection.”

“A suggestion: Think of thought as a cause which later may become a mechanical cause, which then has to work its course in mechanical terms.”

—W.Q. Judge (*Theosophical Forum*, No. 6)

How much do you live in the past, the present, or the future? If most of your thoughts are but reminiscences of things gone by, then you are beginning to get old; if your thoughts are mostly occupied by the now, you are in danger of stagnation. If you are constantly planning ahead, you are continuing to grow, and your growth may be proportional, at least to an extent, to how far ahead you can plan.

One is the sum total of his own thoughts. There are many moments in our daily lives when we may work on mechanically with no need for deep concentration, as in just walking, or spading a garden, or sewing on buttons, etc. Our thoughts wander. We relive some incidents, we day dream, we harbor resentments, we worry. Make it a habit to direct these thoughts into constructive channels. Forget the past except where an examination of it will prove fruitful; cast off any resentments or try to examine them from an impartial viewpoint, seeking to understand better. How necessary is it to worry? Plan to do whatever you can about a thing, and whatever you can't do, put into the hands of the Divine Daydreams are not always idle thoughts. Sometimes they are productive in unexpected ways. Hatreds will only poison our own systems. Abandon them. As for those nightmare thoughts which we have trouble throwing off and which we recognize as being unproductive, try shifting to thoughts of beauty, pastoral scenes, beautiful music, thoughts of what a heaven world might be like, or love, or perhaps those things which give us the greatest pleasure. Some, when plagued by emotional states hard to throw off, plunge themselves into mathematical problems which leave them no time for any other thoughts. And at the same time, here is a chance to exercise the mind. If we wish to keep a sharp edge on our mentality and avoid an early atrophy, we must exercise it vigorously.

Where do thoughts come from? Most of the time one is a logical outgrowth of another, simple cause and effect. But sometimes too, whether preoccupied with other things or in a mentally relaxed state, a thought can penetrate which is entirely foreign to us, and leads us to wonder: “What is its source? Certainly it is not an outgrowth of anything I was thinking. Did it arise from my own mind? Was it something outside of me which I was able to pick up? Are our thoughts our own?”

There is evidence that thought travels in the atmosphere, and under certain conditions we are able to pick it up, as does a radio. Some “receiving sets” are very sensitive. Thought transference is no myth.