

In the Light of Theosophy

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We seem to be churning out thoughts all the time. The purpose of a thought is to create, to affect a change and produce a meaningful reality. The potential of a thought has a close and direct connection with its purity. A pure thought is not fragmented, distracted or ripped by doubt and so is powerful. Just like the pure extract of a substance is strong, so that just a drop of it is sufficient, so also, a few concentrated thoughts can produce significant results.

Thoughts are like seeds, and like seeds they need the air of re-inforcement and repetition, the water of determination, and the sunlight of patience to grow into action. A task is realized when pure thoughts that head in the same direction are created, concentrated and then acted upon. Divergent and conflicting thoughts are like strong winds that cause the original sapling to droop. The waste thoughts, such as, thinking about the past, deliberating over others' behavior or commenting on things that do not concern us, tend to dampen the passions ignited by pure thoughts. Pure thoughts are heart-to-heart. They arise from the pure core of a being and touch similar chords on reaching their destination.

Good wishes, which are consciously created thoughts for one's own self and others, and which have immense power to transform circumstances, are the best example of pure thoughts.

Concentrated good wishes have the power to heal the hearts, damaged by acidic memories and bitter emotions. There is an urgent need to learn to create and sustain pure thoughts, because serving through the mind is the dire need in a spiritually polluted environment of the world. In the quiet hours of the morning, it would be a good exercise to shower peace over zones of conflict, to spray spiritual love in the areas that lack harmony, and to send happiness to those who have lost hope and joy. (*Purity*, September 2013)