

Thoughts are the seeds of Karma and are at the very foundation of our destiny. How do we build fate or destiny? "Sow a thought, reap and act; sow an act reap a habit; sow a habit, reap a character; sow a character, reap a destiny." Destiny is woven in the minds of men with good and evil thoughts. One needs to transform one's thinking and feeling and thus weave a better destiny.

Our good wishes and thoughts become more powerful when they are backed by strong will. H. P. B points out that every man or woman is endowed, more or less, with a magnetic potentiality, which when helped by a sincere and especially by an intense and indomitable *will*, can become the most effective magic lever in human hands. We should use that *will* to send out good wishes for the New Year to all. In Buddhism, *Metta* or loving kindness is a powerful positive emotion. We are asked to develop loving kindness towards all living beings. There must be overwhelming desire and wish, "May *all* the beings be happy." *Metta Bhavana meditation* helps to cultivate loving kindness. In this meditation, one has to visualize the image of one's own self, then the image of a friend, a neutral person, a "difficult person," and send out thoughts of friendliness and kindness towards that image. In the last stage, one has to expand the circle of loving kindness so as to include all the people in the family, in the building, in the locality, in the office, in the city, nation, and the whole universe.

It can happen that we might be away from the place where help is needed, but our pure and noble thoughts could bring wonderful results, inducing others to act. Mr. Judge mentions that some of the orphanages in India are supported only by prayers. The thoughts of prayer are carried by strong, constant faith into the receptive minds of other people, who are then moved by the subconsciously injected thought to answer the request, and thus financial or other help reaches the orphanage.