

How to Get Rid of Wasteful Thoughts

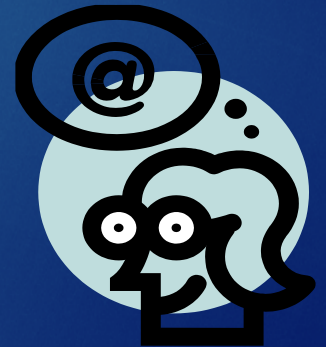


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Present status of Human Mind

- The *Quantity, Quality* and *Speed* of thoughts generated in our mind ultimately depends on our personality or on status of our sub-conscious mind.
- The Psychologists and Psychiatricians say that at present, under the influence of vices our acquired personality is 80% to 85% negative. Hence around 80% of our thoughts are either toxic or negative or wasteful.
- At present, the number of thoughts generated in human mind per day is around 40,000.



TYPES OF THOUGHTS

- **Toxic Thoughts:** Thoughts related to vices like anger, ego, greed, jealousy, hatred, revenge, fear etc. are toxic thoughts. Toxic chemicals are poured into blood circulation in higher quantity.
- **Negative Thoughts:** Thoughts related to disadvantages of various events or loss as perceived by the individual. Such thoughts also increases toxic chemicals to some extend.
- **Waste Thoughts:** Thoughts that are not related to any necessary or productive work. Such thoughts may not release toxic chemicals, yet waste time and energy.

Necessary Thoughts: Thoughts related to necessary activity and daily routine. Such thoughts cannot be avoided completely. Yet if we think less about such activities energy can be conserved.

Positive Thoughts: Thoughts related to values, virtues, powers, success, health, peace, self esteem, and direct or indirect advantage of every events.

Right Thoughts: To see the problem in same magnitude as it is presented.

- **Elevated Thoughts:** Thoughts related to Yoga and Spirituality. They reduce toxic chemicals from the blood and increase health promoting chemicals.
- **Neutral Thoughts:** Thoughts which are beyond liking or disliking, attachment or hatred, appreciation or criticism, victory or failure and so on. Such thoughts conserve lots of psychic energy and promotes stress free living.

Status of Brahmins' Mind

- ▶ Those *Brahmins*, who are regularly practicing *Rajyoga* meditation and following *Baba's Srimat*, are generally free from toxic and negative thoughts.
- ▶ But yet we are not free from wasteful thoughts. This creates lots of hurdles in experiencing & experimenting in yoga practice.
- ▶ Though we think lot more positive, but there is not much power in our thoughts. Hence we need to be free from wasteful thoughts.

Why we need to get rid of wasteful thoughts

- ▶ To preserve & conserve our depleting energy.
- ▶ To enhance the common as well cognitive powers of mind
- ▶ To increase our efficiency & proficiency.
- ▶ To avoid stress, anxiety, frustration, fatigue.
- ▶ To make our *Yogabhyas* more experience & experiment oriented.
- ▶ *To achieve more effective* results in Manasa Seva through adding powers in our positive thoughts.

How to get rid of wasteful thoughts

- ▶ Check your daily routine
- ▶ Keep away from wasted interests
- ▶ Manage your time effectively to eliminate idle time.
- ▶ Keep away from useless & wastful reading , viewing & doing
- ▶ Get Involve in creative activity.
- ▶ Remain busy in Baba's service.
- ▶ Introspect your thoughts intermittently
- ▶ Keep your mind positive & creative.

Let us free ourselves from
wasteful thoughts to become "C"
Complete-Bap-Saman

Keep away from following four "C"S

- (1) No Comparison
- (2) No Competition
- (3) No Complain
- (4) No Criticism



And adopt following four "C"s

- ▶ (1) Cooperation
- ▶ (2) Compassion
- ▶ (3) Creativity
- ▶ (4) Companion



Om Shanti

Thanks to All