

THINKING YOUR LIFE IN BITS

There is great development by way of advancement in technology and the resultant is a lifestyle full of convenience and comfort. This is absolutely true. Then why instead, people find a life full of clutter and confusion staring at them every morning? This is a modern day irony that most people face. The situation is so desperate that even small children are not spared. This is certainly not the expected result, so where has it all gone haywire? Many people blame the excessive competitive feelings for this bewilderment that the human beings all over the globe seem to be doomed to. This may be true as well. But can just this argument share all the blame? The answer could well be both “yes” and “no”, and chances are that either way, it would not be a complete answer.

Metaphysical sciences, which were lurking in the closets for a very long time, have come out in the open and their scientifically sound theories lay emphasis on the inner space of the human beings. According to their very basic theories, the human bodies are also made up of the same fundamental particles, which all other matter in the universe is made up of. These particles, due to their constant movement generate energy. So, this entire universe can be broken down to essentially comprising of energy. The human beings, in addition to the physical energy also have the power to generate mental energy. This is in reality the energy generated through their thoughts. This is also where the true power of a human being comes into focus. Other creatures in this universe are not blessed with the power of generation of thought energy. This makes the human being most supreme. The effects of this thought energy can be experienced in simple things, like good and happy thoughts make one feel better, while bad thoughts make one feel bitter.

Thoughts can be attained even in miniscule moments of time and are indulged in all the time, consciously or unconsciously, knowingly or unknowingly. Some people experience thinking as a continuous activity even in their dreams. This means that generation of thought energy actually never stops. Add to this, the fact that there are numerous people capable of thinking, inhabiting our planet and there emerges a mind-boggling amount of energy. Thought Management is therefore being given its requisite

due, in the corporate world now. Thought Management has truly emerged as a final basis for all management practices.

When thoughts can be controlled and even effectively changed, the consequences can be felt everywhere right from strategic decisions to common workplace situations. It is not an easy exercise but through trainings in better thought management practices it can be achieved and habituated, and even mastered. The best way to do this is to start living one's life in tiny bits, which are inhabited by miniscule moments of thought. Practiced for some time during each day this leads to the mind automatically getting into calmer and more static states, rather than the agitated ones. This is one methodology of meditation, which simply means bringing the mind to a thoughtless state.

Regular trainings yield better results in thought management. Once it becomes a part of life, enhanced results can easily be obtained from technology reaping wonderful lifestyle evolution upshots.

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