

What is a thought?

Some years ago, a top botanist was being interviewed on children's television about photosynthesis and the presenter said to him "How does a plant convert sunlight into energy and chlorophyll?". The scientist replied that it's not something that they could actually explain. The presenter, feeling that she was on to a good thing, pressed on with her thoughts; she asked again, "So you're the top guy in the field, can you give us a hint? What is it most like?" and his response was "It's like magic!" His comment applies to most of the world we live in, there is so much we don't understand and just put labels on it by way of explanation. The top scientist couldn't really explain why photosynthesis worked, it just did! Reproduction, we know what happens but no-one can give us a clue as to why it happens in the way that it does. Magnetism is another one, we know it works and we can feel the effects of it but we have no idea why it works! A thought is much the same, what is it made of, where does it come from and where does it go? It's difficult to reason much beyond applying labels so let's explore the nature of a thought!

How often do you learn a new word and then hear it all the time? How often do you think about an old friend and then bump into them in town, or they call you? How often have you been sat beside a close friend or loved one and thought of something and they have spoken about it. Is this coincidence or are our thoughts somehow attracting experiences or situations? This may be easier to see properly once we examine what a thought is and what our real world is. Science tells us the world is not as it seems to us, indeed some philosophies also preach that nothing is as it seems at first glance. If we look at a brick or a rock, to us it seems solid. If you drop it on your foot it feels pretty solid, from the amount of pain you would be in you would be right to believe that it was solid! But if you look at it really closely and see what it is made of, it is made of loads of atoms, surrounded largely by vast amounts of space. If you look deeper into these atoms they are like little mini solar systems, a few little bits of matter flying around in vast amounts of space. These tiny bits of matter, quantum physics tell us are, well, mainly space! Little packets of energy! So the material world is made up entirely of energy; nothing is really solid at all! Simply put; the world around us that you know, or think you know, is made up of particles of energy, vibrating at different frequencies to decide whether it is rock, brick, or jelly. So what are your thoughts made of? We've all seen those things that they use at hospitals to measure brain activity, you know the sort of things, loads of wires feeding into a computer producing lots of squiggly lines on a screen. Well they are measuring different levels of energy. The entire universe is made of the same stuff as your thoughts! Physicists tell us that the universe has far more in common with your own thoughts than it does a big machine.

So what difference does that make to the price of cheese? You may have argued that a little tiny thought in the privacy of our own mind could have no influence on the

universe, but if you accept that the building blocks of the universe are made of the same stuff as your own thoughts isn't it possible or even probable that your thoughts can affect the world around you? Your mind is energy and speaks the language of the universe, vibration.

Science and philosophy tell us that every action must have an equal and opposite reaction so every little thought you have, must have an effect on the world around you. So every time you think, it must have a reaction or consequence. If radio and video signals can be beamed, not only around the planet, but from Mars and beyond, and through all kinds of man-made and natural substances, why not your thoughts? Our brains are far more amazing than any TV, phone or radio transmitter. Once you accept that our thoughts are real, once you accept that they are made of packets of energy, you can begin to understand that they must be affecting your world or producing a consequence and attracting things to you. You are probably having around 50,000 separate thoughts a day which means your daily brain activity is creating a lot of consequences.

Our minds are like magnets, happy people attract happy people, grumpy people attract grumpy people! Positive thinkers attract opportunities and criminals attract criminals. Your thoughts are real and attract similar energies; your thoughts obey the natural laws of the universe of which it is a part.

Our thoughts govern our lives, visualise yourself surrounded by positive people and you will soon find yourself surrounded by them. Visualise yourself succeeding and you will succeed! Your mind is a magnet pulling towards you the experiences that you have set up in your thoughts. But the down side of this is that it will also attract that which we fear. Have you ever been in the situation where you have gone into a restaurant with a new partner and thought "I used to come in here with my previous partner, I hope I don't bump into them!" and who is sat at the next table? The subconscious mind works in the most wonderful way to derail our life! If you worry about what would happen if you lose your job, or if you were homeless or if your partner has an affair, it does its best to create the situation which makes our fears come true. See yourself in a successful situation and it will happen to your benefit. Loads of successful people use this kind of programming already so it is not earth shattering stuff, the ones who choose not to believe in it are often the ones who are struggling in a seemingly endless cycle of disaster. A friend of mine works as a health practitioner and is very good at it. One day after a series of particularly difficult patients he said out loud and then repeated it to me when we spoke later, "I hope I never have to see another f***ing patient in my life!". Sure enough he soon was suspended because of an irregularity in his patient record keeping. When he was talking about it afterwards he said to me "But I always ask why can't I see more patients?" In his supposedly positive affirmation he was asking a question which didn't really have an answer and you can almost hear him whining as he asks it, yet in his previous rant he had used much greater energy in specifying a very specific

set of circumstances. So there was little wonder that he suddenly found himself on the wrong end of a three month suspension!

Your thoughts are going on 24-7, 365 days of the year and they are all attracting opportunities. If you watch carefully your thoughts and what they are likely to pull towards you then you can go some way toward controlling the kind of life you live. The rest of the control is entirely in your own hands, visualisation is great, but if you don't back it up with some kind of positive action then nothing will ever come of it. Take a walk around Glastonbury any day of the week and see how many positive thinkers there are, how many are obviously into one kind of visualisation or another. Yet, almost without exception they are poor and drawing benefit. So what goes wrong? They are visualising themselves in whatever kind of utopian reality they seek and then expecting it to come to them. The real world doesn't work that way! Visualise yourself succeeding in your task; there are two elements to that statement, visualisation and succeeding. Succeeding in something requires you always to get off your butt and put in some effort. Johnny Wilkinson was being interviewed after the England world cup against Australia and was asked how he became so accurate and successful as a kicker. He said that he visualised the ball flying through the air and between the posts, he looked first at the ball on the ground and then at the posts and visualised the ball flying up and between them and then let his boot do the rest.

If our thoughts affect the world around us they also affect the people around us. I was once working between Dorchester and Sherborne on top of the hills near where the BBC World Service is transmitted from. You didn't have to be psychic or sensitive to hear what was being transmitted that day, it was in your head! If you picked up a phone, it was in the ear piece. It was everywhere around you and yet you weren't able to hear it through your ears as you couldn't get a direction on the source of the sound, it was just there, in your head! That is perhaps extreme but others around you at a far more subtle level will still be picking up your thoughts and reacting accordingly. When doing a reading for someone, allow yourself the privilege of falling in love with them. See in them what their proud parent saw, their vulnerabilities, their idiosyncrasies and not necessarily what the average adult would see on a day by day basis in them. Why? To effect a good reading the sitter will need to be comfortable with you and trust you, otherwise the barriers come up and you can spend half an hour sitting there seeing, hearing and feeling nothing. Everyone has a lovable quality if looked at in that light. Even the scruffiest dirtiest kid in the neighbourhood will be loved by his parent, they won't see the green river running down his top lip, nor the fact that he hasn't seen a bar of soap for a week. They will see the twinkle in his eye or the impish smile or perhaps the clumsy way he tucks his shirt tail in. If you allow yourself to see that and fall in love with it for the duration of the reading they will be aware of it and in that atmosphere of trust they will allow you to see their innermost thoughts and to connect to the spirit world around them. Use this in your everyday life and see the benefit of having people respond positively to you, you don't necessarily have to go to the extent of falling in

love with them. Just accept the good stuff about them and allow yourself to like them and see the result.