

16 Techniques to Transformation through Changing Thought Culture

1. Yoga is Management of Thought Energy

Asanas help move the prana and remove mental blockages.

Pranayama balances and supplies new energy.

Relaxation removes stress.

Proper Diet gives more vital energy.

Meditation recharges and purifies thoughts.

2. Replace Thought with Opposite Thought (Pratipaksha Bhavana)

Forgiveness instead of retaliation.

Giving instead of taking.

Loving instead of hating.

Contentment instead of desire.

Peace instead of Restlessness.

“Ignore, Forget, Replace”

3. Be Indifferent to Negative Thought

This is a meditation technique.

The moment the thought appears, observe it with detachment and let it go.

Do not dwell on it or identify with it.

4. Sublimation technique

Sublimation means use of the energy for something positive or higher.

Turn negative thought into less harmful thoughts.

Channel thoughts, i.e. refocus and redirect the energy.

5. Concentration technique

Concentration brings calmness and clarity.

Focus the mind on positive thought only.

Keep the mind engaged at all times. A distracted mind is a source of negativity.

Swami Sivananda said that “an idle mind is the devil’s workshop”.

6. Positive Visualization

Have a mental image of yourself endowed with the positive quality you seek.

Keep visualizing the virtue you seek in a symbolic image.

Example: Siva the meditator and detached personality.

7. Self Affirmation

It is like taking regular doses of medicine or vitamins to prevent the re-occurrence of habitual thoughts.

Consciously repeat to yourself the opposite thought.

“Through the grace of God I am becoming better and better everyday, in every way”

Sivananda

8. Maintaining a cheerful Attitude

Do not take yourself so seriously.

Santosha - practice of Contentment.

If you can laugh at yourself, the worst is over. Keep having a sense of humor.

9. Guerilla Technique, Thought by Thought

Be careful of your impatience and the tendency to want to change everything at once.

It might lead to setbacks and disappointment. Change one thought at a time and get on with business.

10. Invite Positive Thoughts and Their Friends.

Beware that negative thoughts never come alone.

One negative thought you allow in, will invite many friends of the same nature to bring you down.

In the same way, one positive thought will bring a host of friends to uplift you.

11. Keep Satsanga / Study of Inspirational Teachings

Your nature is heavily influenced by the company you keep, so find positive people to spend your time with.

Stay away from “kusanga” – bad company.

Feed the mind Positivity with study of Shastra and Stories of the Saints

12. Take Time in Nature

If you are restless, confused or depressed, find peace in places where people cultivate higher thoughts such as ashrams, monasteries, arboretums, gardens, forests, etc. . . . instead of places like bars, clubs, theaters, and shopping centers.

13. Chanting Mantra / Kirtan - Singing

Mantras have the power to change negative vibrations to positive ones.

Chanting Japa - repetition of mantra - or Kirtan - singing mantras - is like washing your mind with soap.

Learn some Kirtans which you can chant any time. Chant them alone or with others.

14. Gratitude

It is easy to be thankful for what seems good, but hard to be thankful for what seems bad. As we begin to awaken we learn that all comes to benefit our growth.

Gratitude for all that comes lifts us out of the mundane thought.

A great question to ask yourself is, "what good could come from this experience or situation?" Then you can see how it is helpful, and find gratitude for it.

15. Vedantic Assertion

"I am not this body, I am not these thoughts"

"I am Sat-chid-ananda; Existence absolute, Knowledge absolute, Bliss absolute"

16. Cultivate Virtues

Do not wait for a negative situation to happen in order to learn to be positive.

Be proactive, cultivate virtues daily.

Examples:

Monday: Detachment

Tuesday: Courage

Wednesday: Compassion

Thursday: Faith

Friday: Charity

Saturday: Patience

Sunday: Forgiveness