

Changing Negative Thinking to Positive

How to use these resources:

1. Identify the reading studies you would like to use.
2. Read the DVD talk summaries and select the ones which you think would work best with your chosen reading studies. You may want to select only one 15-minute section depending on the length of time you have allotted for watching the talk. Preview the entire talk to decide which 15-minute section to use.

Reading study options:

These reading selections have been chosen from several books by Easwaran. They address several topics about turning negative thoughts into positive, such as:

- Using meditation, the mantram, slowing down, and one-pointed attention
- Dealing with negative thinking about our past mistakes
- Training our attention to overcome negative thinking and put distance between our thoughts
- Undoing negative karma caused by negative thinking and actions
- Remembering that we always have a choice in what thoughts we focus on or identify with.

The Bhagavad Gita for Daily Living, Volume 1

Pages 244–245 “Even thinking is a subtle form of action” – “purpose of meditation is to control action at the source.” (4 paragraphs)

The Bhagavad Gita for Daily Living, Volume 2

Pages 158–159 “In meditation, when you go slowly...” – “is what unshakable security means.” (4 paragraphs)

Pages 193–195 “All of us, as human beings” – “peace not only with others but with ourselves.” (6 paragraphs)

Pages 361–362 “The key word in this verse” – “desire will be helpless to compel us into action.” (6 paragraphs)

The Bhagavad Gita for Daily Living, Volume 3

Pages 197–198 “Some time ago a filmmaker friend” – “can drop your displeasure immediately.” (7 paragraphs)

Pages 366–367 “Emerson” – “which benefits everybody.” (3 paragraphs)

Conquest of Mind

Note: The page numbers are from the third revised edition 2010. In earlier editions, please look up the chapter information in italics at the end of each listing.

Page 16–17 “All that we are is a result of what we have thought” – “Training the mind is the same for everyone.” (5 paragraphs, *Chapter 1: Thinking in Freedom*)

Pages 26–27 “One of the major difficulties” – “now it produces automatically.” (6 paragraphs, *Chapter 2: Living Skills*)

Pages 68–69 “Sri Aurobindo” – “becomes a positive influence on all.” (5 paragraphs, *Chapter 6: All Life is Yoga*)

Pages 95–96 “The cry of freedom has always” – “vitality are spontaneous and free.” (6 paragraphs, *Chapter 8: The Forces of Life*)

Pages 143–145 “After you have been meditating sincerely for years” – “let ourselves get knocked about first.” (6 paragraphs, *Chapter 10: Strategies for Freedom*)

The Mantram Handbook

Note: The page numbers are from the fifth edition 2011. In earlier editions, you will find these readings in Chapter 8: Harnessing Fear, Anger, and Greed.

Pages 111–114 “The simplest thing to do” – “about its work of healing unimpeded.” (6 paragraphs, *section: When Anger, Fear, or Greed is Sweeping You Away*)

Pages 115–119 “Whenever I talk about using the mantram” – “using it regularly throughout your day.” (8 paragraphs, *section: Anger*)

Pages 121–122 “Greed is another of the undesirable weeds” – “...building a subdivision here.” (3 paragraphs, *section: Greed*)

Video Options with Summaries:

6: From Negative to Positive, Part II: *Changing Negative to Positive*

- * Tips on how to change negative forces or attitudes into positive, freeing ourselves from ill-will, anger, and bitterness.
- * Determination to endure the pain of life through constant perseverance in our practice of the eight-point program of passage meditation.
- * Encouragement not to give up, to be “kshatriyas” with no wounds on the back.

11: Patience Attains the Goal, Part I: *Lessons in Patience From Elephants*

- * Example of elephants illustrates how to develop patience to bear what we may not understand, to bear patiently without resentment or retaliation, and to be able to “withstand provocation without being provoked.”
- * A positive response to those who are unkind to us is the very core of living, according to the Buddha. In remembering this, we find motivation to turn our negative thinking into positive.

26: Changing the Thinking Process, Part I: *Changing the Thinking Process*

- * The turmoil of the mind can cause serious illness and adversely affect all the vital organs. To prevent damage to our physical bodies, we need to learn to change our negative thoughts into positive thoughts.
- * Over time, this will bring about beneficial changes.

* "The thinking process can be set right by bringing it within our conscious control."

26: Changing the Thinking Process, Part II: *The Space Between Thoughts*

* The Buddha's description of the thinking process helps us understand our minds.

* Thoughts are not connected; they are disconnected, disparate. If we can learn to grasp this concept, through the practice of meditation and the allied disciplines, our thinking will slow down and we will gain more control over our thoughts, allowing us to change negative thoughts into positive thoughts.

27: Getting Free From Negative Thinking, Part I: *Getting Free From Negative Thinking*

* Comparison of calendars being prepared for mailing at the BMCM to our thoughts. From a quality control perspective, the calendars have differing levels of usefulness and attractiveness.

* Similarly, our thoughts also have different levels of usefulness. When we develop more discrimination, we see that our thoughts range from selfish, to comparatively selfish, and on towards selfless.

* Through our practice of the eight-point program, we gradually learn to observe and control our thoughts, transforming them more frequently from negative and selfish into positive and selfless.

27: Getting Free From Negative Thinking, Part II: *Transforming Anger into Kindness*

* When "we badly want others to change it may well be that a change in us is called for."

* The importance of harnessing and transforming our anger so that our health is not adversely affected and so that we do not bring sorrow to others.

* We always have a choice about whether to act on resentful thoughts and negative emotions such as anger.