

It Matters to Our World How You Think

By Katharine Riddle

While we want to see the world become a better place, the problems of armed conflict, corporate greed, hatred and discrimination often seem overwhelming. Is there anything we can do that makes a difference? Yes, the way we think about it! Though that may not seem valiant enough to tackle such huge problems, it really is! Those problems came into being because of wrong thoughts. I propose that we watch how we think so that we don't spread despair and hatred, that we think in creative ways, using our minds to enlighten both others and ourselves.

To the many words written about the power of positive thinking, I want to add another dimension to remind us that we are not alone in wanting our world to function in a way that is good for all. Saints, leaders and prophets who have gone before us have worked, often with great difficulty toward that end and left encouragement. Angels and Archangels and all the Powers to whom we ascribe names such as the Earth Mother or Goddess, Christ, Buddha, Mohammed, the Lord, Kuan Yin, Krishna, are working to help humans understand that each of us is part of the Whole. They want us to live together in caring and peace.

If you wonder why the spiritual powers referred to don't plan a huge intervention to get rid of the problems, remember that they are constrained by the fact that humans have been given *free will*. That means you can do what you want, but it also means you have the opportunity to *want* to collaborate in building a better world by conducting your life cooperatively and lovingly.

Of course, with free will you can define your world however you want to. For example, do you in your mind see your cup as half-empty or half-full? To you, is the sky partly cloudy or partly sunny? Do you seek the light or curse the darkness? To you, are the powers of good or the powers of evil uppermost in their ability to control the world? The ability to think and decide how you want to view the world is part of the power of free will. You use it all the time. Your choices govern your belief system and your behavior illustrates it.

You are not only an individual working out your own destiny, but you are also part of the human race, which has to work together as parts of one body for this world to be and remain healthy. You can define the world the way you want to, but your definition makes a difference in what kind of world others have. Do you dwell on your disappointment over a certain situation, or do you look for the good that can possibly arise from it? Are you willing to believe the best, give the benefit of the doubt, and do unto others even if it isn't being done to you?

You can use your heart to forgive those who have done wrong against you. Forgiveness is power, not weakness. It is part of the rule of love with which the Creator made the world. Everyone is always forgiven, even before forgiving themselves or others. Being forgiven and forgiving others are part of the same action – the in-breath and out-breath of life. There is always another chance. Even Eve, who, in the story of creation, supposedly got us all in trouble for disobeying God, was forgiven and went on to bear children who became our ancestors.

Using your abilities to choose creatively and to forgive unconditionally can align you with the beneficent Powers-that-Be in the realms beyond us. Picture, if you will, these helpers or servers as

being ready to help, waiting for humans to freely want the best. They cannot act on our behalf until we let them know we want to work with the restorative power of love and cooperate in multiplying the goodness in the world. They are always helpful to those who want to use mind and heart to promote the High Purpose that we mutually serve.

I urge you to give this some thought and to converse with the Holy Ones. You can pray and ask for new ways of seeing – for yourself, for others and for the world. You can meditate and open yourself to inspiration and guidance. But what really counts is to be sure you want – in mind, heart and deed – to help improve human relations and then to follow this intention with the kind of thinking that underscores your actions. Besides seeing the awfulness in this world, notice the increase in kindness in action, consideration for others, and widespread action to promote beneficence. Be alert to such examples and let your mind dwell on them.

At the full moon of May, there is a fresh input of the energy of goodwill, or will-to-good, that can help our minds see things in a new way and our hearts to spread love. You are important to this process. You can be a world server.