

HEIGHTS OF THOUGHTS

B.UMAMAHESWARI M.Sc.*

Abstract

This paper aims to project in-depth of human thoughts, the heights of achieving and idleness. *"Always our thoughts produce our action"*. Human thoughts-a product of mental activity, can be defined in two various kinds. In sort of Human thoughts may be dependant and independent. Both set of peoples are different degrees of language, habits, nature, etc. Here, the discussion is about the thought of the human decides that he/she is an opportunity taker or loser in everyday life provides. People strive for excellence is a continuous process not an accident; here the same the quality of thoughts is the continuous process needs for an achiever.

Keywords:

Idleness
human race
cognitive representation
discriminate
abstract and lateral thinking
fatigued

1. Introduction

As we know there is a proverb "Practice makes a man perfect". Here *"Thoughts makes a perfect life"*. Thought of having goals will lead a good life. Spirits and freshness in thoughts will give energy to run in human race. The cognitive representation is the important factor that represents the external reality. The Dependant characters needs someone's support and favors for everything. He/she needs compulsion for an attention, acceptance and approval from other people for maintaining their self-esteem. An independent character, stand up for themselves and their belief. He/she is able to discriminate between the right and wrong demands. Actually, these sorts of people's are eager for knowledge and normally have abstract and lateral thinking

*** Master of Computer Science, Placement Trainer, Park College of Technology, Coimbatore.**

abilities. These kinds of people will have the habit of self-criticism and make double their efforts for perfection. People of Dependant character and independent character will have the following behaviors.

People of Dependant character:

- Complex
- Hesitations
- Incurious
- Deny of challenges
- Irresponsibility

People of Independent character:

- Mercy
- Boldness
- Accepts the challenges
- Curious
- Responsibility

“The road less travelled will give unique experience and made some difference in our life”

There were two boys, both are of same age. The major difference between the boys is state of thoughts. One of them is dependant and another is a self-dependant. They made living selling balloons at a fair. They have all colors of balloons. Dependant boy will try to increase his level of selling balloons but he had no idea at all. Another self-dependant boy will release the helium filled balloon into the air. When the children saw that balloon they would come up to him, buy a balloon and his sales would go up. Here what's the big difference between the boys? Simply we can say *“What's inside that makes them go up”*. The imaginary and innovative thought makes them to rise up in their life.

2 Act of Creating Actions:

“Vision without action is a day dream.

Action without mission is a nightmare”

The length of space between the dreams and the reality is called action. Behind every action our intention and thoughts are there. Actions will sometimes be required for showing our creativity. *The good dreamers are excellent action doers.* This kind of personality is very successful in their career. They have both competence and purposeful. This sort of people’s are having intellect strategies: fully systematic, logic and the theoretical considerations are their world. Being in imagination is their comfort zone. They seek for the opportunities behind each problem. If you are in action, try to make it happen. It will happen, because you are on the *frequency of receiving*. The plan can be framed by everyone but the action can be taken by the desired and passionate person.

3. Stand Strong with your Thoughts:



Figure 1. Vigorous mental effort

Really, it’s not possible to monitor every thought we have. A study attributes about human thought tell us that we have about sixty thousand thoughts a day. Can you just imagine how fatigued you would feel trying to control all the sixty thousand thoughts? Providentially, we have an easier way. That’s our feelings.

“Our feelings let us know that what we are thinking about.”

Our intellects may be confused but our emotions and feelings never lie to us. Feelings-are the greatest tool to create our thoughts. Our thoughts are the important cause for everything we perceive experience and enjoy in the world is effortful. The cause behind all these is our thoughts. If you can think about what you want in your mind, and make sure that dominant thought will bring it in your life. Most of the people don't understand that a thought has a frequency. It is measurable too. If we are thinking that thought over and over and over again it means we are expressing the frequency on the consistency basis.

“The vibration of the mental attitude is the finest and most powerful in extant.”

Here is the problem, Most of them are having thought on what they don't want, and what they hate. Also they are wondering about why it reveals over and over again. Basically, the law of attraction is working as much as we are thinking. Every time the thoughts are flowing, the law of attraction is working. *The thought is everything. What you think, you become.* Whether we are thinking about the past, present and future the law of attraction is working. We can't press pause or stop. It is a prolong process. It's forever in action as your thoughts. So, stand strong in your thoughts.

4. Be Conscious about your thoughts:

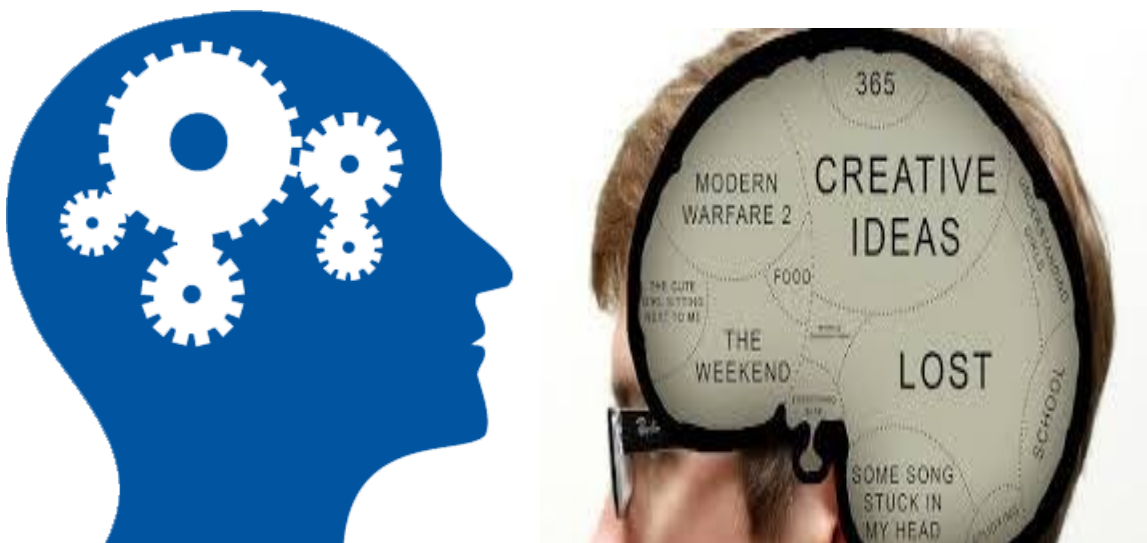


Figure 2. Diverse of thoughts

Thoughts direct you to all the extremes. Facing some wrong extremes will result in spoiling our life. You want be aware of choosing your thoughts. Because, you are the masterpiece in your own life, there are no substitutes. Try to master your mind. There is a need to control your thoughts, say “*quiet*” to your mind. It will bring some consciousness about thoughts. To become aware of your thoughts, set an intention that “*I am the master for my thoughts*”. Automatically, you will hold that intention. Decide what you want to be, and think of it, emit the frequency, and your vision will become your life.

5. Love your thoughts:

Though, there are lot of emotional feelings like Abandoned, betrayed, confusions, worries, depression, humility and etc. The feeling of love is the highest frequency you can express. The greater the love you feel and express, the greater the power you can harness.

***“It is the combination of thought and love which forms
Overwhelming force is the law of attraction.”***

There is no greater power than the power of love. If you could wrap every thought in love, if you could love everything and everyone, your life will be converted. Some of the great thinkers refer to this law of love. Life can be absolutely phenomenon and it should be, and it will be, when you start loving your thoughts. Loving our thoughts will increase the quality of our life which depends on the quality of people we meet in our life.

6. Heights of Thoughts:

The thoughts are in extent heights, desires and hatreds. Human needs not only positive thoughts but also some negative thoughts. Have to face some difficulties that are necessary to enjoy the success. The intentions push up human to become a passionate of their thoughts. Your thoughts lead you. Your thoughts make you. Your thoughts will decide your destiny.

“Thoughts are the factor that determines our success”.

There are some essential factors that are included in it. They are

1. Atmosphere
2. Experience
3. Education

Atmosphere:

The atmosphere consists of the following:

- Home
- Media
- Culture background
- Work place
- Society

Wherever you go, you can see the positive or negative influence the human thoughts. In positive atmosphere the marginal people's output will goes up. But, in the negative atmosphere the outstanding performer will move to down. In some places we can see everyone well-behaved, courteous and considerate. It's reverse in some occasion. This kind of changes will demolish our thoughts for that the human needs control of feelings.

Experience:

Our thoughts will change accordingly to the experience of the events in our life. Good thoughts are produced from great experience and experience can be gained by bad circumstances. The thoughts are really magnetic. While doing some creations the thoughts automatically appeal us. If we have positive experience with the people our thoughts towards him positive and vice versa. The experience will teach us some lesson that turned into thoughts.

Education:

“The best education is making a thoughtful human”

The education should give some broader and wise sense. It includes wisdom, knowledge, creativity and application of good strategies in life. It gives courage to face the society. Education probably teach us not only how to make a living but also how to live and treat others as same. It not only gives and receives the systematic instructions but also helps to inculcate some new idea and information to the society.



*“Learning direct you to creativity
Creativity leads you to good thinking
Thinking provides you better Knowledge
And always Knowledge makes you great.”*

7. Balancing of Thoughts:

Figure 3. Stable and unstable thoughts

Try to understand the pendulum and its process because the process of our thoughts is same as the pendulum. When the pendulum is moving towards rights visibly it’s moving right but invisibly it gains the moment towards left and vice versa. Here, our thoughts are the clock because the thought is time and desire. It brings past and future. But hold it in the middle. Don’t live in the past and future, *be in the present.* .

“Learn to live between efforts and relinquish”

If we are pampering, we are gaining time to renounce the world. Same when we are renouncing, we are gaining time to indulge. Don’t indulge and don’t renunciations *be in the middle.* This is called balancing of thoughts. Balancing our thoughts is a troublesome process; it includes controlling of all the feelings and emotions. I believe that thoughts + feelings are a winning combination. When the useful and useable factors meet definitely, the great thing will happen. It’s about balance.

8. Leading Quality of thoughts:

“If you want change in the world, try to change yourself” is the theory the leaders follow. Being leader is an action not just a title. The “Persistence beats resistance” why it is said? All great things take time to happen and you must persist. That’s what it takes to be a leader. Willingness to go beyond and other people will resist you. The Thought of Leaders teaches the right values to the followers. The leaders accept responsibilities as their behavior and insulate them from excuses. Initially, our thoughts should not dominate us. If it happens we’ll be away from our goals and success. Leadership thoughts include the following thinking.

- Big-Picture thinking
- Cultivation of strategic thinking
- Practice the reflection thinking
- Risk oriented thinking

Big-Picture thinking: It is the reflection before our act. By thinking big we can prevent us from the high disorders. Big thinking makes big actions.

Cultivation of strategic thinking: Those who have the cultivation of strategic thinking are above the leader. They are visionary creators.

Practice of reflection thinking: The experience we have will offer the chance of reflective thinking and that result in active experiments.

Risk oriented thinking: The person must have strong knowledge and culture the improvements of actions. He can sustain in the world by satisfying their clients.



Figure 4. The act of headship

Our missile man has orbited the sun 76 times. He had seen the green revolution, white revolution and telecom revolution. He had experienced the growth of information and

communication technologies, India's success in the space programs and self sufficiency in Strategic weaponry. After all these achievements his words are astonishing. He said that "*I have long way to go. Since I have to bring smiles to the faces of one billion people and I have many challenges ahead*". This is the spirit of a Leader.

Conclusion:

Thoughts... some pursue it, others create it. Cultivating new thoughts is like directing our life toward it. You are what the thoughts have made you. So take care of what you think. Thoughts live and they travel far with us. It resolves our goals and determines our leading quality. Having thoughts are like riding bi-cycle. To keep your balance you must keep moving. Heights of thoughts decide our whole life. We need to control our thoughts; sure it may be inconvenient but try to balance our thoughts smartly. Value and appreciate the good thoughts that make you rise in your life.

References

- [1] Dr. V. Bhuvaneshwari and G. Sudha., "A Study On Womens' Attitude Towards Fitness Centre In Coimbatore City.," *Journal of Management & IT industries*, vol. 5, pp. 53-61, Mar 2015.
- [2] Karan Singh Negi., "Work Stress: Causes, Effects And Management- A Review.," *Journal of Management & IT industries*, vol. 5, pp. 18-26, Aug 2015.
- [3] Shisir Kumar Sethi " Aspects of Employee Engagement For Organisational Effectiveness. ," *Journal of Management & IT industries*, vol. 5, pp. 83-92, Aug 2015.
- [4] Shalini Tomer. "The Impact Of Employees Motivation On Customer Satisfaction *Journal of Management & IT industries*, vol. 6, pp. 104-112, Sep 2016.