

# Excerpt from *Mind Mastering* by Douglas James Cottrell, Ph.D.

## Thought Power

There are two types of prayer. There are constructive prayers (also known as blessings) and there are destructive prayers (also known as curses). Prayer is little more than thought, exacerbated by intensity of emotion. I often teach people the difference between prayers that are answered and those which are not is the belief and intensity. When you absolutely need something (versus wanting something), you become desperate, and think about it constantly. You do everything you can to attain it, and you do not stop until it is obtained. Your mind is like the engine of a car. If the engine is idling, there is not much power. But when you add emotion, and you focus your mind, you put a lot of energy behind your thought, as if you are stepping on the accelerator.

When prayers are used for constructive purpose and healing, it is Divine. “Dear Lord, I pray that my daughter will be relieved of her illness.” This is a constructive prayer. When prayers are uttered for derogatory means, they are evil (because they are not loving). “Dear Lord, I hope the guy who just cut me off in traffic spins out of control and dies!” This is a destructive prayer. Jesus taught us about destructive prayer in the story of cursing the fig tree. By cursing someone or something, you cause destruction. The only difference between a constructive prayer and a destructive prayer is intention. They are both equally powerful, because they are both thoughts, and thoughts are real things.

You can accept thoughts, and you can reject thoughts. This is true of thoughts from your own mind, as well as thoughts from the minds of others. Becoming a master of your mind is learning to control it, and not allowing yourself to get triggered. It takes a great deal of discipline to do this. For example, you believe you are following the spiritual path and you are a good person, but then someone makes a comment to you and suddenly your mood

changes, your frame of mind changes from positive to negative. You are triggered into a negative thought-form. The solution is to catch yourself. Take a deep breath. Say, "I love myself. God loves me. That was in the past. I cannot control the past. I can only affect the present. I cannot control the thoughts or opinions of others. I cannot control with they say or do. I can only control myself."

Reach your hand out in front of you. From the reach of your fingertips backward is where you control the world. Many of us believe it is the other way around. It is human nature to try to change others, but it is a spiritual discipline to change only yourself. It is not easy.

You are a sensitive person. When you are triggered into that negative mind-frame, catch yourself. Mind mastery starts with recognition at the very first barb, and the realization that you are letting yourself get triggered. You are letting yourself get triggered. Choose not to react adversely. This is the first step. When you keep your peace, your enthusiasm grows. Your mind can only be filled with one thing at a time. If it is not love, is it evil (because evil is the absence of love). Many people choose not to watch the news or read a newspaper because many of the articles are about negative things. They choose not to clutter their minds with negativity.

When something happens to you in a moment (and everything in life happens in a moment, and then it is on to the next moment) you choose how you will react. If someone screams in your face, you could get angry, or you can choose not to. You can choose to think, "Poor soul." If there is no action to take, you should not react emotionally. Unfortunately, what usually happens is that you go over that event in your mind long after it has occurred. You talk about it on your way home from work. You talk about it over dinner. You talk about it in bed. You talk about it days later (or even weeks). You continue to relive that negative or derogatory moment. You are stuck in a moment that is rapidly receding further and further into the past. That thought-form is still in the proximity of your mind. The more you think of adverse or derogatory experiences, the larger the thought-form becomes in your aura. There, it erodes your aura, making you even more vulnerable to

negativity. Mind mastery says, “Evil, get ye behind me! I choose not to get angry. I change my mind.” Think of your aura as a wool blanket, and thought-forms as spiky burrs. Keep your peace of mind, and the burrs will not stick.

Please visit [www.douglasjamescottrell.com](http://www.douglasjamescottrell.com) for more information about this book or for a list of other titles available from Douglas James Cottrell.