



Thought Energy

By Ngam Su May

Shahreen Kamaluddin, Malaysia's motivational guru and empowerment trainer, impresses the editor with her discourse on how the quality of our thoughts can drain or boost our energy level. She gives some guidance on how we can use thought energy to drive up our personal energy for a productive and meaningful life.

Thought is pure energy. Thoughts are magnetic and attract like energy. Frequently entertained, thoughts congeal. When they meet and clump together, they form matter and appear in your reality as an experience. This explains the phenomenon "dreams come true."

– Shahreen Kamaluddin in her book *Know Yourself, The Truth Will Set You Free.*



When *iSmile* asks Malaysia's motivational guru, empowerment trainer, and author, Shahreen Kamaluddin, how to raise one's energy level, she offers a simple answer, 'Watch your thoughts'. She says human beings are made of energy and the quality of our thoughts affect our energy level. So, from the empowerment viewpoint, we ourselves hold the key to tune up or down our personal energies.

The quality of our thought refers to whether we focus on negative or positive thoughts. "We are all born equal. The difference, as we grow up, is the quality of our thoughts," Shahreen asserts. She stresses that, this applies, regardless of what point in life we are in – whether we are a young student, a top-notch CEO or a retired pensioner. If one focuses on the negative, one will attract more negative energy and experiences into our



**To raise your energy,
think
positive thoughts,
speak
positive words
and
act them out**

- *Shahreen Kamaluddin*

The key strategies are to be aware of the thoughts we are entertaining throughout each day. To charge up daily, we need to consciously choose to hold only positive thoughts. This is a sure way to attract positive energy to our benefit and shield ourselves from negative energy.

Shahreen herself tunes in to her own energy field and charges her own batteries by practising a form of meditation almost everyday for 10-20 minutes in the morning. She shares it with us:

Sit in a quiet corner where you will not be disturbed. Relax and breathe naturally. Let fleeting thoughts flow in and out without resistance. Eventually, your mind will calm down.

Then begin to take in a few deep breaths to clear your mental, physical and emotional states.

When you breath in, inhale and imagine you are breathing in what you want (love, success, money). When exhaling, breathe out what you do not want (stress, tension, conflicts). After a while, you will feel energized.

You can then take a deep breath and imagine energy coming from your feet, up through your entire body and flowing out through the top of your head and out into the universe. Then imagine a clear white light from the universe coming straight down into your head and out through your feet. Repeat this process a few times. This does wonders to clear emotional upsets or stress.

lives. To reverse this situation, she advises, "Always focus on what you want, never on what you don't want. Hold the positive thought with unwavering faith, and you will get what you want."

It is difficult to prove, scientifically, but many of us would have experienced the power of our thoughts: When we think of someone, that person calls us on the phone suddenly or we bump into that person unexpectedly. Authors of motivational books attribute this phenomenon called telepathy to the power of the sub-conscious mind. They believe we can use thought power to manifest anything we want such as success, wealth and happiness. Sports trainers also use mind power to motivate athletes to outperform.

Shahreen admits that constant positive thinking is easier said than done. The stumbling block we all face is the past conditioning of our minds as a result of many negative, prejudiced, biased messages and judgements which we picked up during our up-bringing. On top of this, we are constantly bombarded with negative messages in the newspapers, television and movies. But positive thinking can be achieved. Shahreen compares our mind to a garden. It all depends on our state of our garden. "Before a new positive thought seed can take root, we need to improve the soil conditions. We need to till the soil if it has become hard, soften it, add nutrients and only then plant good seeds (positive thoughts). To nurture the seeds, we need to keep adding fertiliser and ensure sufficient sunshine," is how she puts it. "We need to make positive thinking a new daily habit, otherwise we will tend to revert to the old negative pattern."

How can we use thought energy to pump up our personal energies for life, work and play?

Be aware of:

- Your energy
- The messages you broadcast
- How and when you affect others

- *Shahreen Kamaluddin*





Meditation in the morning is a good start as it helps you gear up energetically for the rest of the day. As the day progresses, our energy level will be affected by our thoughts, emotions and words as well as that of others. Shahreen describes emotions as energy in motion, and when we move energy, we create effect. The stronger our emotions, the more rapidly we are affected. When we are angry, our blood pressure goes up and our muscles tense in defense – a definite drain on our personal energy. On the contrary, when we are positive minded, we are operating on a higher and lighter frequency. Naturally we lighten up and become calm – a boost to our energy levels, mental focus and productivity.

When you are positive-minded, you are 'light'-hearted and 'attractive' to others. You are also calm, more productive and can focus on your goals.

- *Shahreen Kamaluddin*

Shahreen reveals that energy attracts like energy, meaning our negativity will attract more of the same. This is what happens when two people are quarrelling. Both are emitting negative energy and building up hostility and animosity. The situation will only improve when one of them cools down and reduces the tension level.

Conversely, positive emotions can attract more positive energy. Group prayer, interaction with positive minded people in a club or association can rub off positive charges on you. Notice how people in places of worship – church, temple or mosque – are usually serene and energised during and after a group prayer session.



I am destined for success or life is wonderful for me.” Positive affirmations such as these when recited with strong belief, will manifest in our life.

When talking to others, it is wise to heed the Chinese saying that translates into “Food can be simply eaten but words cannot be simply spoken”.

Indeed, the advice is for us to choose our words carefully because negative words are a reflection of our negative thoughts and can create hurt and animosity not only towards others but towards ourselves.

Since we have to interact with family, friends and colleagues in everyday life, it is difficult not be affected by the negative energy emitted by other people. Shahreen’s recommendation is that you do not ‘tune in’ to their negativity and instead project positive thoughts. During an office meeting, for instance, many people become distraught when confronted with aggressive colleagues and their strong arguments. The technique is to practice detachment - Just be aware, observe, do not label or judge. Imagine that you are an outsider, observing yourself. You will hear better and react better and not be effected by your colleagues’ tensions and negative energy. On top of this, send peaceful and loving thoughts to the colleague who is making you tense. When you become positive minded, your energy will be contagious and will be felt by others.

Other simple and natural ways to raise our energy levels are to smile, laugh a lot, do the things that make us happy and be with people that we are happy to be with. All these activities release large doses of endorphins which are powerful vitamins that boost our immune system.

Finally, Shahreen says that all of us are transmitting and receiving messages all the time. Even when we are asleep, our minds are active. All our thoughts are expressed into the universe. All our minds are connected to a giant common server and that is why we affect everyone in the universe by the thoughts we are upholding. Shahreen quotes Gandhi to illustrate her point. He said “You must be the change you wish to see in the world.” Shahreen elaborates, “Our thoughts have the power to heal our world. We can individually contribute by sending out thoughts of love and peace. On a group level, we can gather in prayer and pray for love, peace and joy to prevail. We have more power to affect our world than we care to imagine.” 😊



Thought energy can help you heal and improve relationships

- *Shahreen Kamaluddin*

We must not overlook the words we use and utter because they also generate energy. “Words are thoughts expressed and add to the energy of our thoughts. Negative thoughts result in negative words,” Shahreen points out. This is especially important in self-dialogue – that is how we talk to ourselves. Most of us are aware that we hardly talk to ourselves in a positive light. It is more common to run down oneself than say things like “I am a beautiful person,