

Concentration & Meditation  
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## A THOUGHT

Thinking is a process which has to be learnt like any other art or science; it is to be regretted that so much time is given in our schools to the acquisition of knowledge and so little time to the digestion and right use of such knowledge when acquired. But the material of thought is two-fold, facts and ideas, and how many human beings are capable of originating, considering and expressing an idea? The answer, if honest, would make painful reading, for the majority of men are unaware that they possess the machinery of thought. In most cases they behave as if their actions were the automatic reflex of an outside stimulus, a response so immediate that reason has no time in which to interfere.

"All that we are is the result of what we have thought;  
it is founded on our thoughts, it is made up of our thoughts"

All that we are and do is the result of what we have thought, and action, good or bad, may be described as precipitated thought. No single voluntary act can be performed without a preceding motion of the mind, however "instantaneous". From raising the foot to the planning of New Delhi, each act exists as a thought in the mind before that thought appears as an act.

Our behavior, then, is the outcome of our mental processes, of what we are, but what we ARE at the moment depends on what we have DONE in the past. Thought, therefore, not only decides what we do, but what we are, whether that bundle of qualities be known as character, karma or the soul.