

Shrimad Rajchandra Mission

a Spiritual Revolutionary Movement - SRM

YOUth Study Club

Session - 6



The Footprints of **THOUGHTS**

Conceptualised & Explained by
BEN Sri Ratna PRBAHU

Name

Ph. No.

Thoughts

Positive

The one that fills
with good feelings

Negative

The one that fills
with bad feelings

Journey of Thoughts

1. GOOD ACTIONS

When we use positive thoughts to uplift ourselves from
a given set of situations.

State any one good thought you often have :

2. GREAT ACTIONS

When we use positive thoughts through our words and
actions to uplift people around us and make them feel
better.

State any one great thought you often have :

3. GRAND ACTIONS

When we use positive thoughts through our words and
actions to uplift entire human community.

State any one grand thought you often have :

Thought-Destiny Relationship

Thoughts

turn into

Feelings

turn into

Attitude

gets reflected in

Action

when repeated
becomes

Habit

strengthens

Personality

shapes your

Destiny

Map your
DESTINY

Dominant Thought

Feeling

Attitude

Action

Habit

Personality

Destiny



Constituent of Thoughts

Although our thoughts comprise of various desires, fear, insecurity, passion, satisfaction, yet the basic building block of our thoughts are the WORDS we use. Whichever word we use has a deep impact on our mind and in-turn mind use that word-data to create the similar situation.

Words we often use :

Problem
Oh! No
No, I Can't
Deadly
Hope

Words we should use :



Thoughtful Awareness

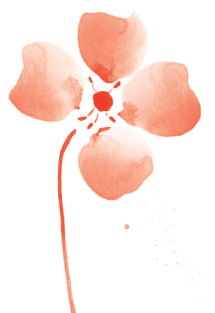
Footprint in Subconscious Mind

The words constitute thoughts and thus create feelings which turns into emotions. Thus,

Thoughts + Feelings = Emotions

These emotions are stored in subconscious mind. The law of subconscious mind states that

“The subconscious choice is never between a positive emotion and a negative emotion but between a deep emotion and a shallow emotion.”



Subconscious Recovery

The mind has already been damaged by giving attention to the negative and ignoring the positive achievements. We must immediately recover through these simple yet sure remedies...

Remedy 1

Express the positive in at least 5 sentences and negative only in 1 sentence.



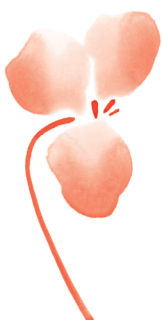
Remedy 2

Celebrate the small achievements to let the subconscious register that you like success and joyfulness.



Remedy 3

Learn from your failures and close it as an experience. Now just apply and celebrate your learning.



Information

Contact :

For Spiritual Guidance

BEN Sri Ratna PRABHU

benprabhu@shrimadrajchandradelhi.org

SRM Admin Head

Gautam Kamdar : +91 958 222 0 555

gautam.admin@shrimadrajchandradelhi.org

Delhi YSC Leaders

Nilesh Thosani : +91 958 222 0 555

Abhinandan Jain : +91 9711 968 299

Rachit Jain : +91 999 0 252 505

Youth Study Club - Website

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Shrimad Rajchandra Mission, The Kendra - Delhi

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