

The Importance of Clearing Non-beneficial Thought Forms (By Don R Taylor)

There are many disruptive influences that distort your energy fields. These influences include non-beneficial thought forms, entities, and inhibiting factors.

Thought is energy. As we think we are necessarily creating thought forms. Thought may be beneficial such as the high frequency thought energy of Love. Some thought may be non-beneficial such as the low frequency thought energy of hate.

The emphasis here is on the importance of clearing non-beneficial thought forms. These non-beneficial thoughts may have been created *by you* in this and/or other lifetimes. If created in past lifetimes, for example, the energy is carried over into your present incarnation. Also, non-beneficial thoughts may have been created *by others* in this and/or other lifetimes and projected to you as an act of spite, anger, etc. This energy is often located in you on various levels (for example; spiritual, mental, emotional, vital, and physical).

This non-beneficial thought energy distorts your thinking and influences you to make choices that lead you away from your true self. Thus your actions contribute less than they could in support of your highest good. In short, you will be better off without this non-beneficial thought form energy.

Meditate on your thought forms that are negative, then on those that are positive and write them down.

Negative Thoughts

Positive Thoughts

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