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EDUCATION

# Mind the thought



By Ekta Bajaj



seemed to have some superior intelligence and a very calm aura. I don't recall seeing the face but I could hear the words that he communicated. There were some other people in the valley as well. Suddenly one man started walking on the surface of the water in the lake. Needless to say, I was shocked and asked the man next to me to explain how this can be possible. He smiled and said that its very much possible and even I can do so! All I had to do was believe that the surface of lake is made of glass and is walkable. He said that *the surface will become whatever you believe, just with the power of your mind and thoughts. You have the power to create the reality that you want but you must do so with a strong self-belief that is unaverred by the belief of anyone around you.*

Curious to try, I concentrated on the thought that the surface of lake is solid and took the first step with full faith. To my surprise I was actually walking on that lake! The man reminded me that I will keep walking till I stay firm on my belief and warned that the moment my belief is overpowered with fear and doubt, the surface shall turn in water and I will fall.

Now you can imagine the euphoria of emotions that were running in my mind when I woke up. I won't recommend that you actually try walking on water but what I would like to stress is the message that came with this dream; *that our thoughts create our reality.*

Our mind is the essence of our existence. It is the self-awareness of our consciousness. It is the magnet of our destiny and the carrier of our thoughts. Mind is within us and yet it is a separate entity. The only way to have a healthy relationship with our mind is by taking charge of the thoughts that dwell within it. Once we learn to provide the right ingredients of love, hope, faith, harmony, mind has no choice but to breed nourishing thoughts. Focus in the good and good will come to you. Ekta Bajaj, the co-founder of Author In Me, reminds us to use the power of mind to constantly improvise and empower our life.

A couple of weeks back I had the most amazing dream. At this point I must mention that I share a very special bond with all my dreams. They are my portal to a magical world where time and space have no significance. I also believe that dreams help us tap into our subconscious mind and reveal us information that is beyond the capability of our conscious mind.

In this particular dream, I saw myself standing in front of a lake, basking in the tranquil surrounding of green valley and flowers. There was a man with me who

## International students make 'enormous contribution' to UK



Responding to the UK Government's announcement of a Migration Advisory Committee (MAC) study of the impact of international students, LSE's Pro-Director for Teaching and Learning, Professor Paul Kelly,

highlighted the value of international students both to LSE and the UK as a whole:

"International students make an enormous contribution to the UK's economy, society and cultural life. At LSE we are unapologetically proud of our global connections and the benefits they bring to our students, staff and to London more generally. Our international students provide diverse ideas and perspectives, they volunteer in the wider community and are hugely valuable to the local economy. "We are hopeful the MAC study will fully capture the wide-ranging benefits international students bring, and it helps to shape a UK immigration system which supports the world's top scholars coming here.

"Policies which make the UK a less attractive destination will lead to students choosing countries like the US or Australia, both of which are seeking to increase their international student numbers."

### What is a thought

A thought is a seed, a wave of energy that we emit through mind. Every thought has the power to materialise when it is backed with self-belief. Have you ever experienced that the moment you think about a particular car, you come across that car frequently or the moment you think about a person, you come in direct or indirect contact with that person? This is the power of mind and thought. *In my belief, this basic science of using thought as a useful tool should be introduced as a concept to children in their formative years.* Scientific based knowledge on power of mind and its infinite capabilities can help arouse creative curiosity and also empower children to tap into their inner strength.

This concept can not only help a child to get a deeper understanding of self, it also adds value to their outer understanding. Its' no secret that this generation is a product of outer perceptions, influenced by

social media and false belief. It makes it all the more vital to remind the young generation about their roots and also introduce the tool to unveil the mirror that will reflect their true self.

Author In Me has carefully crafted the **Innate Intelligences course** for 10-14 years old to help them learn the wider like skills that are sometimes bypassed in the education system. **This includes understanding power of mind, presentation, communication, perception and introspection.**

Listed below are in my belief the most important direct outcomes of the Innate Intelligences course.

**Deeper Empathy** – Learning to cope with everyday issues creates a deeper sense of empathy. Children who have a clear and confident understanding of their potential and more sensitive to the others shortcoming and needs. They will be willing to share their knowledge and skills with peers. This is a very essential life skill to develop deeper and meaningful relationships.

**Self-Responsibility** – A child who is aware of his strengths and weakness is more likely to take responsibility to enhance on them. A sense of responsibility is a direct product of a confident and empowered mind.

**Confident with change** - Introducing the child to concept of perception can help understand the dynamics of change and give a child more emotional stability while going through a major or minor shift in life.

I would like to conclude the article by reminding that thoughts are born, cultivated and killed in our own mind. We are its creator and we alone can destroy them. Take charge of your thoughts and exercise your control to sore greater heights.



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