

УДК 378

DOI 10.21661/r-465281

*Н.Д. Апраксина***МЫСЛЬ – СЛОВО – ДЕЛО**

Аннотация: автор статьи уделяет огромное внимание правильному построению мысли, основанному на здоровом смысле и логически выстроенной последовательной цепочке мыслеформ. Раскрывается троичный принцип процесса созидания – взаимосвязь мысли, слова и дела. В статье рассматриваются две группы мыслей, этапы формирования истинных мыслей в повседневной жизни, зависимость в построении речи от фактора звука и фактора слога, настоящий момент жизни человека как единственно существующая реальность для развития, рекомендации к практическому использованию данных исследования.

Ключевые слова: правильная мысль, слово, поступок, самопознание, осознание, трансформирование, разумная речь, язык творения.

*N.D. Apraksina***THOUGHT – WORD – DEED**

Abstract: the author focuses on a proper formation of the thought, based on a common sense and logical sequential chain of thought forms. There disclosed the ternary principle of creation process – the interdependence of thoughts, words and deeds. The article examines two groups of thoughts, steps for forming true thoughts in everyday life, dependency on the factor of sound and the factor of syllable in forming speech, the present moment of human life as the only existing reality for development, recommendations for practical use of research data.

Keywords: right thought, word, action, self-knowledge, awareness, transformation, reasonable speech, language of creation.

Our thoughts create our life, environment. Sometimes we underestimate thoughts of one person, but if we think about it, we can notice that everything is born from our

thoughts, for example, magnificent palaces, large stadiums, scenic paintings, painted temples, pyramids, etc. Some people live in joy, love and harmony, as conscious creators of their lives, while others constantly experience life difficulties. In fact one wrong thought can attract a huge number of the same thoughts; the person turns out to be in a state of inner discomfort and even disease, which can't exist in a human being with harmonious thoughts. False negative thoughts can be expressed in a negative form (words) which will lead to wrong actions very soon, preventing to develop in all life spheres. It is necessary to learn to form thoughts, based on a common sense and logical sequential chain of thought forms.

There is an interesting statement that "...Thoughts are the wings of the soul. Having clipped the wings of the thought and having made them scanty, you lose the ability to fly. If the thought does not soar up high to the perfect plan, it will not be able to see the divine providence, and its fate is to flutter in networks of matter» [4, p. 261]. It should be noticed that millions of people had lived before and their names were forgotten forever as their thoughts, words and deeds had no value. But over the centuries there remained the names of high-minded, genuine people who were not obsolete, because their truth was divine in nature. Plato, Galileo, Beethoven, Edison, Carnegie, Einstein and other inventors, theologians, scientists and thinkers became great people, lords of their thoughts; creators of their nature, circumstances, environment and their own destiny. The time has already come for us to realize our greatness.

Our thoughts can be divided into two groups: the real, which are based on right values and aspirations, and the unreal, i.e. the illusory, having false ideas about the world, the focus of which are emotions – manifestations of the matter, not the spirit, contributing to destruction. It is known that the human mind serves the needs of the body, but people have recently started to realize that it was very important to direct their mind to the true state of love to themselves and others, the unity of all free people for peace on the Earth and harmonious life with nature.

To form true thoughts in everyday life we should follow other steps:

1. Look at inside ourselves. In this case it should honestly confess what is there within us, one what we always want to see or the true, deeply hidden. It is important to

review our lived life and errors to determine our causes, consequences and outline our specific goals and steps to correct difficult situations. It is a hard inner work not only for one day, the result of which is the realization we live for the unity of all the living in peace and love, and true knowledge is the only weapon to live safe, revealing a real idea of the universe.

Full friendship with ourselves is a great happiness for us.

But we also know how it is sometimes difficult and impossible to change our attitude, abandon negative thoughts, banish fear and think positively. This requires a deeper self-knowledge. We live in the reality that was created once by our thoughts and feelings that were unconscious deeply inside. Step by step, delving into our inner world, we can see what actually reality is and how this view generates a script of our lives. Having seen things differently, we can consciously agree with it or review, replacing it with new more favorable life moments. By identifying our negative programs, we deeply know ourselves and understand motives and reasons of our own actions and events that happen to us. Thus, we find out much more truth about ourselves. The process of self-knowledge brings a great joy, gives answers to internal questions and resolves the cause of internal conflict. Such knowledge, gained by our own experience, can transform life and change our reality «here and now».

2. Forming the right thought, right speech and right deed. First of all, thoughts must be positive, productive and creative due to logic. This means that positive thoughts are given with a positive form and a positive action (the essence of the ternary principle is revealed in all processes of creation). As a result, we can clearly determine where there are the desires of matter and where there are the desires of mind, leading to healthy lifestyle.

Healthy lifestyle is only in real time, i.e., «here and now». The past always remains in our memory; there is nothing constructive in it, only emotional perception of the world, and the future is a dream. Words, thoughts and deeds at present moment are real and creative, but they also leave in the past over time. Emotionally charged events remain longer in memory and true knowledge without emotions is quickly forgotten. Thus, we accumulate unnecessary emotional baggage of events every day, which

strongly affects our real life. We should accept the present moment as the only existing reality, like world religions explain us. For example, in Orthodoxy, we remember the words of Jesus Christ, «... therefore do not worry about tomorrow, for tomorrow will worry about its own things...» [3, p. 69]. The Great teacher, Jesus Christ, encourages the mankind to free from emotions and illusions and shows the path of life based on love, peace, mutual help and support.

It should be noted that our ideas about surrounding people, events are always false and do not have built logic. For example, we divide students into the weak and the strong by learning criteria, separating them in groups instead of uniting them and accepting with love to develop positive qualities. Right speech plays a significant role in this development. Speech is a mechanism, a tool through which our thoughts go outside for their implementation. But as the tool is as implementing thoughts is. Right thought, wrong expressed, isn't useful. Therefore our speech becomes either a creator or a destroyer. It connects the mind and the heart, so its power is revealed through pure thoughts and divine love, improving thought forms. Voice characteristics are of great importance and relevance at present. Even an individual sound has a great strength, energy and has its information affecting the material and spiritual worlds.

The correct construction of speech depends on the factor of sound and syllable. Spoken sounds affect us both positively and negatively. We consider sounds in terms of speed, frequency and power. Positive sounds are pure, deep, calm, emotionally not painted, not raspy. Neutral sounds are wheezing, low, slow, quiet, expressionless. Destructive sounds are loud, rough, fast, screaming, and emotional. Creative sounds are sounds of the golden middle, customized with voice apparatus. In relation to the factor of syllable it should be noted that the same thought can express in different ways, preserving its value, losing it or strengthening. We should follow the sequence, accuracy, beauty, and significance of spoken words and exclude words-parasites or just words with negative meaning, and all the emotions. There are no positive emotions; they all lead to serious mental health problems. Resentment, anger, irritation, passion, intolerance are characteristics of immature psyche.

Right deeds are the consequence of correct construction of thoughts and speech, words of which have more power. Thanks to it, we transform our inner world, better understanding ourselves and others, gaining access to internal forces, which help to become more harmonious, more self-sufficient and happier.

The research data can be used in practice, for which we need the following:

1. Observation «What and How to say».
2. Recording the voice on a tape recorder, listening and trying to change the sound that is not appropriate to the rule of «Golden middle».
3. Daily training «Thought – Word – Sound». As a result, reasonable and heartfelt speech becomes calm, balanced, quick and active.

Thoughts and words are the part of languages of world nations, having the same origin – the language of creative forces of nature. In the Bible it is written the Word was in the beginning that opened the access to creation. But our languages have quite a different principle of operation; accordingly, the reality will be different too. It's time to return the sacred language that is within us and fortunately we can remember it.

There are many proverbs about the language. For example, «the Word is not a Sparrow; it can fly out and not be caught» (Russian) means that the word is not an empty sound, but power, influencing the mind of the man and his actions. Therefore, we need to control our words, understand their meaning, as any spoken word is a consequence, both positive and negative. In English this proverb is the following: «A word spoken is past recalling», the literal translation is that the spoken word will respond later (irreparable) [1, p. 12]. The saying «Language is my enemy» can be contrasted with the expression «Language is my friend», which attracts most positive minded people. The essence of this expression is very relevant nowadays; there is a need to rebuild our speech on a positive energy wave. Otherwise, «there manifests a verbal aggression aimed at humiliation or intentional infliction of harm and moral discomfort» [2, p. 257].

Ancient languages with strength and power were able to maintain the connection with the Divine. Modern languages represent the sum of human experience, memory and the capacity of all those who speak them. There is difference between the original ancient language of creation and our modern descriptive languages that seek to

reconnect with Nature. Saying the word, we accept its energy, the word does not generate the resulting emotion and transmits it through energy wave, and then we react to it. Today in our speech there are more words with negative content than the words of joy, love and happiness. Living in harmony with the universe, we will be able to change our minds, and hence the language, thoughts and words, emitting universal energy, the source of evolutionary change. Only the language of love, kindness, truth and reconciliation saves peace on our planet.

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