

## An Alphabet of Positive Thinking.

Zahurmian constantly emphasised the importance of positive thinking – the recognition of negative thoughts and the practice of replacing them with more positive ones. This practise is recommended in the holy Qur'an. Awareness of the nature of one's own apparently spontaneous thought processes is necessary first; and then the recognition that we do have the ability to manage our thoughts, or at least we can, with practise, acquire that skill.

Our thoughts form a pattern, that pattern affects our actions and habits. Our actions and habits become identified as our personality; or some would say become our self image. We do not have to be a slave to these thoughts or to the impulses that engender them.

They also contribute to the perception that events that just seem to happen and to be out of our control. Positive well founded patterns of thought have the potential to change our dependence on external events in a significant way. The best proof of that comes from applying the technique consistently. If you find a cynical response to all this rising within you, you may have found just the place to start your self-examination. Shakespeare as so often the case had an insight for us: 'Canst thou minister to a mind diseased .... therein the patient must minister to himself'. The habits of negative thought may not amount to disease for everyone but are sure to lead to unhappiness without some self applied medicine.

I have provided an alphabet of slogans or maxims – envisage them if you like as banners waved aloft in a demonstration by the angels against the ways of man at his meanest.

*Some people say:*

*To see things positively,  
Is just a fantasy,  
And not reality.*

*I disagree and say:*

*To see reality,  
As negativity,  
Is really the fantasy.*

*Don't just moan,  
And constantly groan,  
And forever whine.  
Take some Zahuri wine,  
Change from within  
Start now – yes begin.  
Here and now, today.*

*And start with an **A**.*



**A**void anger,  
Avert danger.

**B**an bitterness,  
Blame less.

**C**ancel curiosity,  
Concentrate.

**D**esire less,  
Do more.

**E**ject egocentricity,  
Embrace empathy.

**F**inish with fantasy,  
Find faith and fidelity.

**G**et rid of greed ,  
Greet generosity.

**H**inder Hate,  
Harmonise happiness.

**I**ntegrate intellect  
In to intelligence.

**J**ettison jealousy,  
Just be just.

**K**ick out callousness,  
Keep kindness.

**L**ease loathing,  
Live with love.

**M**ock mockery,  
Maintain manners.

**N**egate negativity,  
Negotiate nicely.

**O**ppose oppression,  
Own toleration.

**P**ension off prejudice,  
Practice patience.

**Q**uit quipping,  
Quietly appreciate.

**R**emove ranting and raving,  
Realise responsibility.

**S**ell off selfishness,  
Seek serenity.

**T**orpedo toughness,  
Try tenderness.

**U**ndo duress,  
Urge Unity.

**V**anquish Vanity,  
Value Veracity.

**W**hisk away worry,  
Welcome wonder.

**E**xclude extremism,  
Elevate excellence.

**Y**esterdays gone,  
You have today.

**Z**ap zealotry (and bigotry) and  
Be Zahuri

*Jamiluddin Morris Zahuri*