

# *The Michael Messages*

## *Thought Pollution*

*Loved One: You are developing an awareness of pollution on your planet and the necessity for finding ways to eliminate it if you wish to continue to live on Earth. You are aware of water, air, soil and noise pollution. There is another pollutant also generated by mankind just as threatening to your environment: thought pollution.*

*You have always considered your thoughts as separate from other life entities and rarely consider the effect your thoughts have on others. You tell yourself that only actions count. You go out to tend your garden with negative thoughts and wonder why you are not successful. Politicians meet with nothing but their own individual agenda on their minds and wonder why nothing is accomplished. You go through the motions of listening to your children when your thoughts are in chaos and wonder why the children rebel. You have forgotten that thoughts are made of energy and the kind of thoughts you are having is the kind of energy you are sending. Remember, under Cosmic Law, this is the same kind of energy that will come back to you.*

*In order to comprehend the true power of thought pollution, allow yourself to feel the difference between these two environments. First, enter a room where people are relaxed and enjoying each other's company. Feel the connection and flow taking place as people share thoughts and ideas with one another. Observe the energy in the room. Look at the people. Their eyes are bright, their mouths are smiling or laughing. Some are talking, some listening, some simply being, because it is a place of love and acceptance. How do you feel being there? Do you feel yourself smiling? Now, enter a room where people are thinking thoughts of fear, insecurity and animosity toward each other. How does it make you feel? Can you feel your shoulders starting to droop, your face begin to tighten up and your feet begin to drag? No one has even spoken to you yet, so why are you feeling so worn out? The answer is thought pollution. It is real.*

*Know you are not powerless against thought pollution. Walk into the last room again, determined to keep your thoughts positive. Notice the intrinsic good in people that you know is there. See each individual, one by one, see each individual as the Creator would see him or her. Suddenly, you hear someone laugh, then another smile and a heaviness begins to lift. You see, people can be thought purifiers as well as thought polluters!*

*There are many forms of thought purifiers for you to utilize. If you allow yourself to feel the many different means available to you, you will know what is just right for you. For some, it is being with animals, petting and playing with them. For others, physical activity or listening to music seems to purify their thoughts. Begin to live in the moment, working with thoughts of love for yourself, your planet and each other. Open your hearts to one another, sharing ideas on how to change thought pollution. Heartstorm instead of brainstorm. Allow your focus to center on being the best you can be. Just taking responsibility for your own thoughts is a giant leap toward higher consciousness. You will be giving a tremendous gift to everyone and everything around you. Contemplate what your planet will be like when everyone accepts this responsibility!*