

# Your Thoughts and Actions Matter Right Now

By Susan McKay

*Even if for years our efforts seem to be producing no results, one day a light that is equal to them will flood the soul.*

I've always found inspiration in those words by Simone Weil.  
<http://rivertext.com/weil.html>

Still, there are days when I need reinforcement that what I'm doing matters right now!  
How about you? Well, here it is...

## Less Prozac, More Kindness (but don't tell Pfizer!)

Lack of serotonin has been linked with depression. Studies prove that acts of kindness, compassion, and love immediately boost levels of serotonin in the brain. This phenomenon gained mainstream attention by Dr. Wayne Dyer < <http://www.drwaynedyer.com/> > in "Power of Intention." The boost happens EQUALLY for the *object of the kind act, the person extending the kindness, and the observer* (known or hidden from initiator and recipient) of the act.

## Individual and Collective Consciousness: Thoughts DO Matter

Kinesiology (muscle testing) reveals that thoughts and emotions can be physically measured and ranked from low to high (0 to 1,000). In "Power Versus Force" Dr. David Hawkins <http://www.veritaspub.com/> explains that human experience can be measured on a scale from 1 to 1,000, from low to high energies.

- Levels below 200 are called "force" and elicit weak kinesiologic response. Low energies and ratings include guilt (30), fear (100), and anger (150).
- Levels above 200 are termed "power," and derive strong(er) response. Higher energies include kindness (300), love (500) and bliss (1,000).

Average sustained operating energies are what we are talking about. (*Note the adjective **sustained**.* We all operate at low and high energies at times, but it is average consistency that matters.)

On planet earth today, it's estimated that 87% of human beings operate at lower or 'force' energies. This is not as gloomy as it sounds. Higher emotive energy exponentially increases in power. With this in mind, Hawkins suggests the following:

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- One person operating at mid-levels (above 200 to 500) of optimism, kindness, nonjudgment, love, etc. counterbalances 90,000 people operating at low levels (somewhere on the planet).
- One person operating at mid to higher level of pure love and joy counterbalances 750,000 low-energy people.
- One person operating at high levels of illumination, and bliss counterbalances 10 million low-energy people. (Est. 22 such sages on the planet today.)
- One person operating at the highest level in the state of grace, one that would be called Lord, such as Lord Buddha, Lord Krishna, Lord Jesus, counterbalances 70 million low energy people. (Est. 10 such beings on the planet at this time.)

*Pretty cool, huh?*

So...the next time a driver cuts you off, instead of flipping him the bird, take a breath and raise two fingers instead of one. Big difference! YOU have the power. Peace, baby, peace.