

DUA **DESTINY**

**The Relationship Between Repetitive
Thoughts and Transformation of Human
Experience.**

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Abstract

The study examines the relationship between repetitive thoughts and the formation of beliefs which philosophers have significantly proved in the past century time and time to shift human reality or experience drastically. The study explores the effect of conscious thought creation has a significant impact on human experience, behavior, or habit and explores the extent to which new beliefs alter the human experience. Using a positive self-affirmation technique as the baseline, the study aims to understand the underlying mechanisms and potential implications for personal growth and well-being. The research approach employs literature reviews and survey-based interviews with participants to alter their reality and human experience through affirmation techniques and beliefs. The study's findings underscore the importance of self-affirmation for enhancing belief formation and personal growth. The study found that self-affirmation positively impacts well-being and personal growth, as evidenced by increased belief formation and personal development.

Research Question

The power of thoughts to shape human experiences and beliefs is well understood by understanding the underlying brain mechanisms which can lead to personal growth and well-being. Personal growth occurs when an individual completes tasks to achieve desired outcomes. Still, resistance to new habits can lead to disbelief

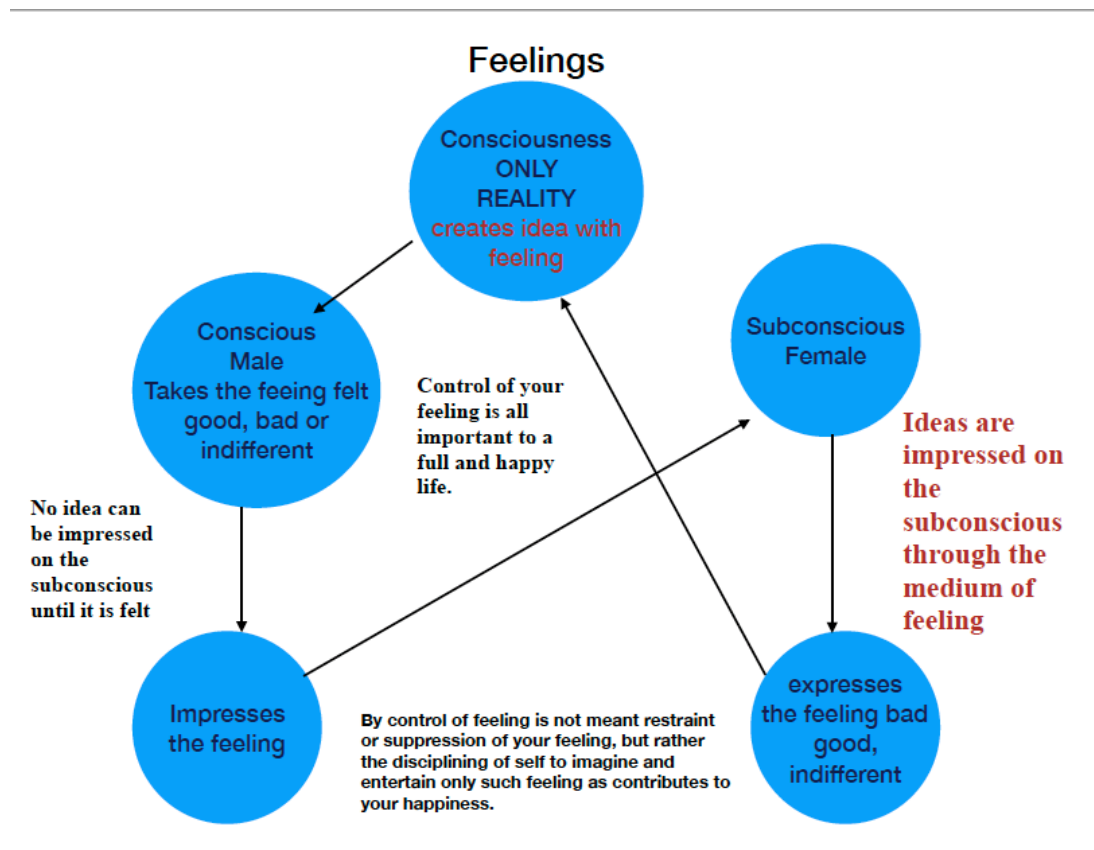
or fear of not accomplishing the task or belief based on past results, which leads to anxiety, stress, and lack of faith in one's ability. Therefore one has to build faith through repetitive positive affirmations can result in the building of new beliefs within themselves; its take techniques include sitting quietly and repeating the same affirmation for 15 min 3 times a day, meditation, and visualization.

Repeatedly thinking positive thoughts has significantly improved mental and physical well-being, stress resilience, and immune system functioning. This phenomenon is often referred to as the "placebo effect." Studies have shown that repeating positive affirmations before sleep can help imprint them in the mind. According to Dr. Joseph Murphy, repeating affirmations with feeling can bring about a sense of contentment and fulfillment of desires. Dr. Murphy's experiments have shown that "her prayer was felt as true in her heart, and her affirmation sank by osmosis into her subconscious mind, which is the creative medium." (1) The research questions led to significant importance which gave raised to explore the relationship between conscious thought creation and human behavior and the impact it has on the human experience. The deliberate creation can rewire the brain to neuron semantics that hard wire and reprogram the mind.

- How does conscious thought creation impact human experience and behavior. ?
- How can understanding conscious thought creation and its effects improve well-being and personal growth?
- How does conscious thought creation impact human experience and behavior. ?
- What is the relationship between repeated thoughts and the formation of new beliefs? To what extent do new beliefs alter human experiences?

Experiment Design

The research question was conducted by Interviewing participants who have already accomplished altered reality, real stories from Islamic Literature, and philosopher who had already done the experiments, such as Dr. Joesph Murphy, Joesph Desponza, Neville Goddard databases, and Google research by using the keywords 'Thoughts creates reality, mindset, changing human experience, repetitive thoughts, positive thinking. Initially, my research question led me to inquire about individuals' personal experiences of fulfilling their desires through prayer. According to Neville Goddard, prayer is essentially faith, and repetitive prayer without the persistence of feeling and belief can only lead to vain repetition. (3) In Islam, Dhikr involves the repetition of prayers or desires, and stories of the Prophets show that their prayers were answered with faith. The model used from Neville Goddard's lecture "Feeling is the Secret."



Example of Feelings

I AM healthy is a STRONGER FEELING than I WILL be healthy

IAM Dominant Stronger feeling

I will be confesses I am not

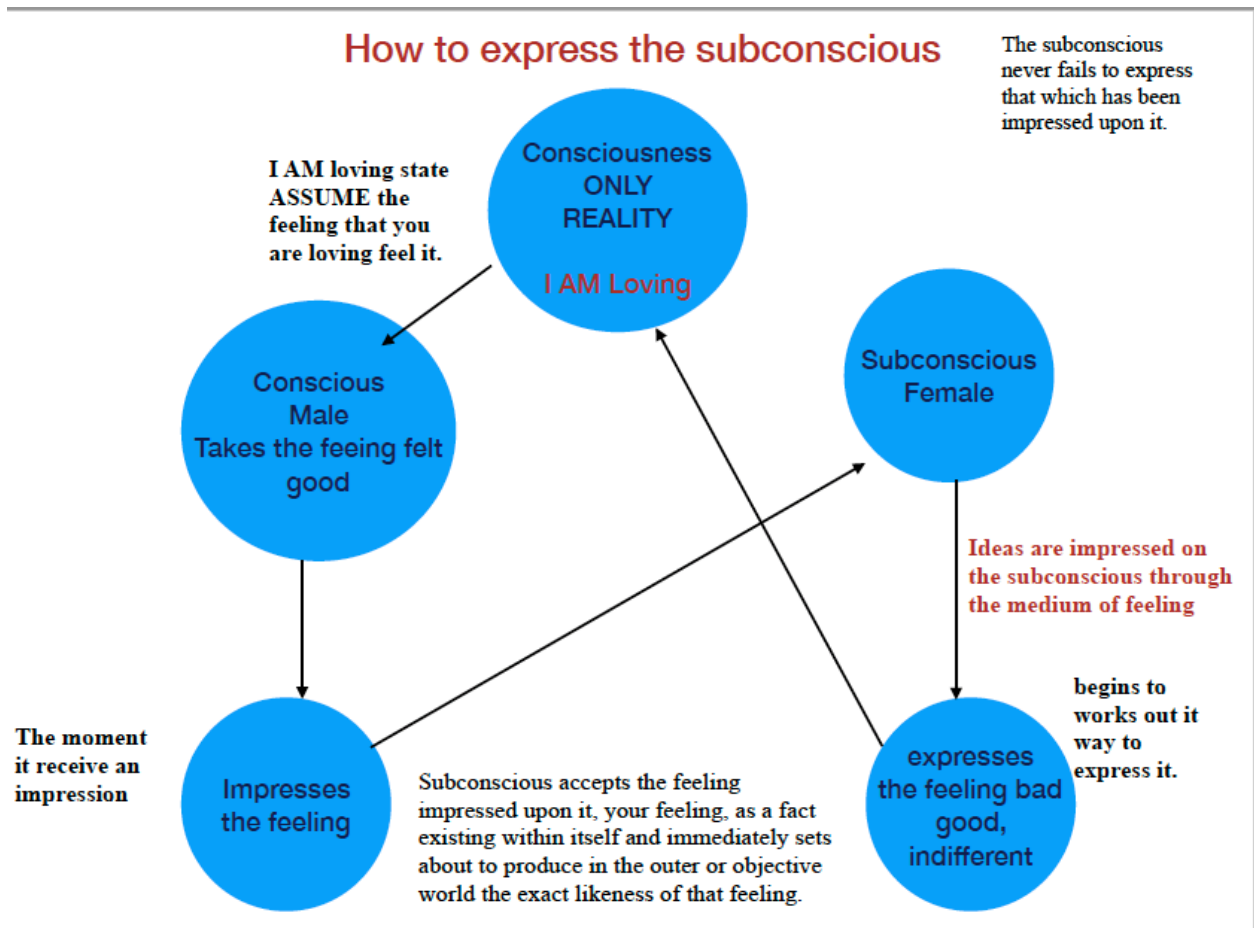
I AM healthy

I will be healthy

I AM stronger than I AM NOT

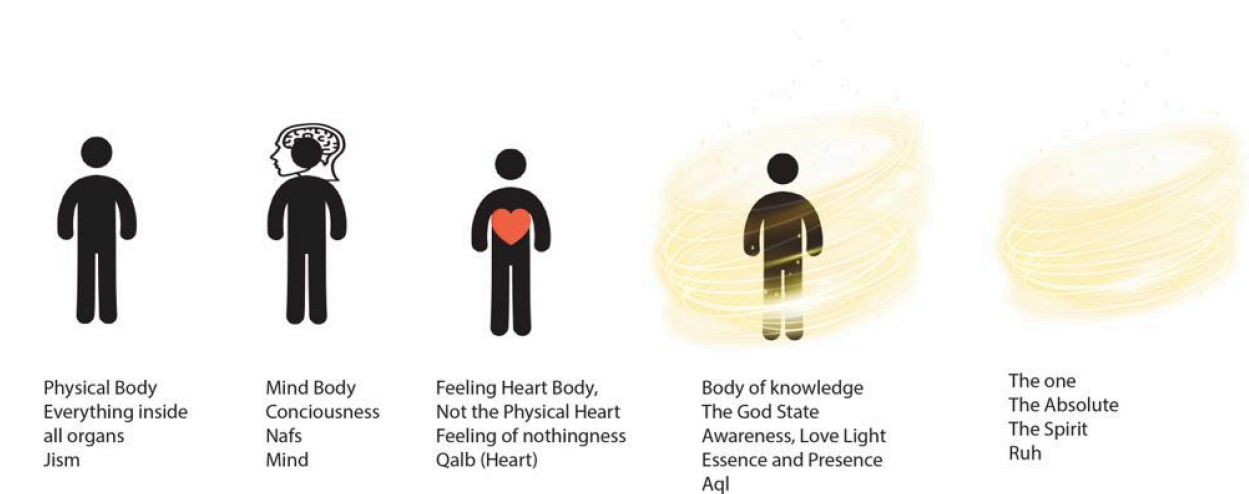
What you feel always dominates what you would like to be

To be realized, the wish must be felt as a state that is rather than a state that is not



According to Ibn Arabi " The three basic worlds of the macrocosm-the spiritual, imaginal, and corporeal-are represented in man by the spirit (rn~). soul (nafs), and body (jism). That the spirit should be spiritual and the body corporeal presents no difficulties. But what does it mean to say that the soul pertains to the imaginal world?" (17) In discussing various stages of "annihilation" or "passing away from self" (fanii) that are experienced by the travelers on the path to God, Ibn al- 'Arabi identifies the seventh and highest stage with the vision of God as the Manifest within the cosmos. As a result, the traveler can no longer claim that names and attributes belong to God: (93). To reach the aspect of freedom from oneself, one must practice meditation to cut off from the physical world to experience the altered state of reality.

Self Stages



Results

According to Dr. Joe Dispenza, thoughts and attitudes can create beliefs that help us achieve impossible goals. His research has shown that meditation can positively impact our behavior and life experiences. Many people have found success in their lives, no matter their challenges. Dr. Dean Dispenza shares stories of individuals who overcame various obstacles, even when they seemed insurmountable. For example, Laurie Learned had a rare degenerative bone disease that left her wheelchair-bound and in poor health. But through meditation and healthy eating habits, she experienced marked improvement in her health. Even doctors were surprised at the extent of her recovery. Today, she can walk, ride a bike, and go to the gym!

On the other hand, if you keep thinking and dwelling on negative thoughts, it can lead to increased stress, anxiety, and depression. This can also have a negative impact on your physical health – such as cardiovascular disease and inflammation. The role of attention: Repeating specific phrases or concepts in our mind can affect what we notice and focus on in our environment. This can lead to a self-fulfilling prophecy where our thoughts influence our behavior and interactions. Language is a critical factor in shaping our thoughts and perceptions. Repeating specific words or ideas can shape how we believe things, impacting our behavior.

Interviewing participants who had already experienced the phenomenon proved to be effective. However, approaching new participants was challenging as they were bound by their circumstances and needed more time to implement the technique. To

address this, participants were asked to keep a journal and write down their desires or needs. Despite sharing personal experiences and stories, some participants still resisted the idea that thoughts create reality. The project had a wide-ranging research question, making it challenging to review all relevant publications within the strict deadline thoroughly.

Additionally, limited access to some publications due to paywalls and other restrictions may have hindered the comprehensiveness of the review. There is also a risk of potential bias in the literature review, as certain publications may have been included or excluded, or the findings may have been interpreted subjectively.

Acknowledging this potential bias and taking measures to minimize it is essential.

I asked several participants about their experiences of consciously repeating a thought or wish, and they shared their stories with me.

Sabeena, who helps my mother, prayed daily for her son to memorize the Quran by heart since he was born, which was fulfilled when he was 12. She had faith that her prayers would be answered.

My mother, Shahida Haniff, prayed for wealth since she was little so that she would not have to depend on anyone, and she is currently experiencing that reality. She always believes positivity can create the desired reality if you stay focused on the goal.

Veena, a friend of my mom, experienced her desired reality when she prayed for

a husband with a good heart who does not drink and loves her dearly. She is currently experiencing that reality.

My friend Khadija Badar is a firm believer that thought creates reality. When she graduated with her Master, she was looking for a job and had a timeline to get her H1 scholarship. She applied without looking elsewhere, and she got it without an interview.

Farah wanted her kids to continue her husband's business after he died. Her children did not know about their father's business, but they handled it very well, and the desire became a reality. In my encounter with repeated thoughts, one recent example of experiencing the desired reality is when I prayed for my parents to get a green card and medical insurance.

One of the famous prayers from the Quran is from Chapter 28, verse 24, where Moses prayed, "My Lord, indeed I am, for whatever good You would send down to me, in need." (4) The story goes that Moses was in hardship and fled the city. He helped two ladies he encountered, and as a result, he was granted wealth, health, and a wife. (5)

Since he was ten, Salman Yusuff Khan had a dream that he wanted to be respected and famous by the age of 23; he always enjoyed dancing. As he comes from a traditional Muslim, he didn't have the luxury of his parents accepting his participation in such activity. When he joined college, he had forgotten about his dream, and he joined a dancing company and paid his way to college as his dad disapproved of

dancing passion. He was kicked out of his house and paid his way through college by dancing in shows. There was an audition for Dance India Dance(DID); he asked everyone, including his family and friends no one approved, then he remembered his childhood wish to be famous, and he believed in himself and joined the audition. He got the audition, won DID competition, and became famous at 23. Currently, he is well-known in Bollywood for his dance and choreography style. He affirms every night till today and creates his new reality and experience through the belief he has within himself.

Salik Khan sincerely wished to meet Prabh Deep singer, even though he didn't know him personally. He created a feeling of what it would be like to meet him and started listening to his song "Tabia," which had been stuck in his subconscious for a long time. After doing this, he created a scenario where his friend, who used to work at Anjay Azad Records, got a ticket for Prabh Deep's concert as a gift. His dream then became a reality because he believed with feelings that he would finally meet his favorite singer.

Zubair Shukoor, my cousin, got married, and his mother-in-law didn't like the daughter-in-law. He imagined, believed, and prayed that his mother would one day accept and love his wife wholeheartedly. In Eid of 2023, after three years of persistent prayers, her mother got to talk to the daughter-in-law. He was grateful for this mercy from his mother.

Saem Khan was very lonely and sat every night looking at his computer for three weeks, constantly affirming that he had terrific friends. He continuously did the affirmation for three weeks and then met a friend in his living complex who introduced him to other friends. Now he is loved by all his friends, who are like brothers for life.

Discussion

Interviewing participants who had already experienced the phenomenon proved to be effective. However, approaching new participants was challenging as their circumstances bound them, and they needed more time to implement the technique. To address this, participants were asked to keep a journal and write down their desires or needs. Despite sharing personal experiences and stories, some participants still resisted the idea that thoughts create reality. The project had a wide-ranging research question, making it challenging to review all relevant publications within the strict deadline thoroughly.

Additionally, limited access to some publications due to paywalls and other restrictions may have hindered the comprehensiveness of the review. There is also a risk of potential bias in the literature review, as certain publications may have been included or excluded, or the findings may have been interpreted subjectively. Acknowledging this potential bias and taking measures to minimize it is essential. I conclude my experience and the participant's experiences and research, finding the alternation of one reality.

People are usually in their comfort zones, which can cause them to resist new techniques. As I have interviewed people, most of them need to be more consistent or persistent in their pursuit of fulfilling their desires, which causes them to deviate from their goals due to a lack of faith.

Conclusion

The paper discusses how individuals have varying capacities to adopt the belief that thoughts create reality, depending on their current life experiences. This is a challenging belief to promote to people bound by their circumstances, as it is unfathomable.

The literature review project stresses the importance of formulating a straightforward research question, conducting a comprehensive search, critically evaluating publications, acknowledging potential bias, and recognizing the impact of repetition and language on shaping our thoughts and perceptions of reality. These insights can be applied to future research endeavors in cognitive science and other related fields, with potentially broad implications.

Creating new encounters depends on the individual's input and the person's pursuit to get the desired result. The people who achieved the outcome had the belief, while those who did not have faith in the procedure could influence the outcome that they were willing to achieve. People are usually in their comfort zones, which can cause them to resist new techniques. As I have interviewed people, most of them need to be

more consistent or persistent in their pursuit of fulfilling their desires, which causes them to deviate from their goals due to a lack of faith. Duadestiny.com is a website for people who want to change their reality. Visitors who come across the site can read inspiring stories that will help them feel motivated.

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