

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Band:** 28 (1965)  
**Heft:** [10]

**Artikel:** Thought and character  
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**DOI:** <https://doi.org/10.5169/seals-942358>

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# Thought and Character

THE aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally what he thinks, his character being the complete sum of all his thoughts.

As the plant springs from, and could not be without, the seed, so every act of a man springs from the hidden seeds of thought, and could not have appeared without them. This applies equally to those acts called "spontaneous" and "unpremeditated" as to those which are deliberately executed.

Act is the blossom of thought, and joy and suffering are its fruits; thus does a man garner in the sweet and bitter fruitage of his own husbandry.

"Thought in the mind hath made us. What we  
are

By thought was wrought and built. If a man's  
mind

Hath evil thoughts, pain comes on him as comes  
The wheel the ox behind . . .

. . . If one endure

In purity of thought, joy follows him

As his own shadow—sure."

Man is made or unmade by himself; in the armoury of thought he forges the weapons by which he destroys himself; he also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace. By the right choice and true application of thought, man ascends to the Divine Perfection; by the abuse and wrong application of thought, he descends below the level of the beast. Between these two extremes are all the grades of character, and man is their maker and master.

—Extract from "As A Man Thinketh," by James Allen.