

100 years ago, scientists began speaking of the possibility of atomic energy.

Jesus' teaching about self-conquest is spiritual atomic energy. It can unleash energy in our lives that we never realized was possible.

Like Gandhi and Mandela we can discover and develop the transforming power of spiritual energy.

One key to harnessing this power is training our minds and hearts to avoid negative thinking; training our tongues to avoid negative speech.

Sitting around all day complaining about our situation is counter-productive: it just makes things worse.

Trying to become positive in our thoughts and speech is atomically productive!