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What does it mean if my thoughts are energy? Can I manifest everything I want?

Our thoughts are a little like TV or radio waves. Whatever we think, we broadcast. If we have the same thought again and again, the broadcast will be very strong. For instance, if we think we aren't very worthy, very likely others will respond to our broadcast and treat us as we think we should be treated. There may be wonderful exceptions, but generally our thoughts will help to create our reality.

Our thoughts can also influence other people. For instance, if we focus a thought on a single person, they are likely to be influenced by that thought, even if they are not conscious of where the thought is coming from. Indeed, they may think they are the originator of the thought.

For this reason, it's best not to focus worrying thoughts on others. It may actually make them feel worse. Rather, hold light for someone and intend to uplift them. That will help them.

Granted, it's not easy to stop worrying, especially if it's a habit. Some people think they are actually doing good by worrying. They will get highly offended if you tell them it's best not to worry. But they are not doing anyone any favors, unless they take positive action.

So can thoughts create our reality? Manifest everything we want?

Despite what you might learn from reading something like "The Secret," manifesting your desires is a complex process. Your emotions and beliefs are also magnetic energies, and so are your intentions. You want to clear heavy emotions or you will magnetize them in the very object or person you are calling to you. The more conscious you become the more power you have.

There are also more metaphysical aspects. Timing is not up to us. And if we are dealing with complex systems, a whole stew of emotions, thoughts, beliefs, karmic agendas and intentions will be in the mix. But you always have the freedom to elevate your thoughts, emotions, beliefs and intentions. Your life will ultimately be transformed.