

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!

Zaka 100 zapitazo akatswiri a sayansi adayamba kuyankhula za kethekera kwa mphamvu ya atomiki.

Yesu pophunzitsa za kudzigonjetsa akufanizira ndi mphamvu ya atomiki ya uzimu. Itha kubweretsa mphamvu yayikulu mu miyoyo yathu imene sitimayiyembekezera kuti ndikuchitika.

Monga Gandhi ndi Mandela, titha kuzindikira ndi kupita patsogolo ndi mphamvu yositha ya uzimu.

Njira imodzi yokhazikitsira mphamvu imeneyi ndi kupangitsa malingaliro ndi mitima yathu kupewa maganizidwe oyipa, kupangitsa lilime lathu kupewa zoyankhula zoyipa.

Kungokhala tsiku lonse kumadandaula za m'mene zinthu ziliri ndi zopangitsa kuti tisafikire zimene tikufuna; zimangopangitsa kuti zinthu ziyipireyipire.

Kuyesera kukhala osakayika m'maganizo ndi nzoyankhula ndi mphamvu yopangitsa kuti tichite bwino.