



Welcome to Thoughts and Destiny, founded by Nalini Rathnarajah. We specialize in transformative training programs designed to reshape mindsets by combating negative thoughts and fostering peaceful and prosperous growth in the lives of diverse individuals. Our inclusive approach caters to students, teachers, parents, youth, corporates, universities, and schools. Programs seamlessly blend spiritual insights with scientific evidence, shedding light on the influential power of our thoughts by using tools and techniques such as positive self-talk, affirmation, visualization, breathing exercises, and many more.

At Thoughts & Destiny, we explore the profound link between our thoughts and life trajectories. We acknowledge that our current reality directly mirrors the thoughts we nurture.

Discover the spiritual meanings embedded in your thoughts and delve into scientific concepts like frequency, vibration, cosmic energy, and consciousness. We unravel the remarkable development of the human brain, providing a holistic understanding of the mind's potential.

Explore the art of turning dreams into reality by reshaping negative beliefs through affirmations. Find tranquility in practices like meditation, manifestation techniques, and yoga, while benefiting from practical tools introduced by visionaries like Jose Silva and Nikola Tesla.

Join us on a journey of self-discovery and empowerment. Thoughts and Destiny are your partners in creating a positive mindset to achieve your dreams and transform your life for healthy life, peace and prosperity.