

Daily Positive Thoughts: December 16, 2013: Letting Go



Rio de Janeiro, Brazil

## **Letting Go**

Whatever has happened is the past. Do not think about the past. Learn from whatever has happened in the past and be cautious in the future. The past belongs to the past. Let me let go of it, because it does not belong to me.

## Clarity of Thought

Meditation assists in developing the habit of thinking positive that enhances one's clarity of thought at all times and hence the ability to make continuously, instantaneous and authentic decisions. Having good judgmental powers through clarity of thought, we become more aware of our roles and responsibilities and become more focused on our aims and objectives. This is mainly because meditation teaches one to imbibe and inculcate good values and to keep away from being influenced by undesirable company. They are able to neutralize and diffuse potentially volatile situations into laughable ones instead of getting paranoid.

## A Powerful Consciousness Of Faith In Critical Situations (cont.)

Having accepted the reality that negative situations in our mind, body, wealth or relationships will arise in our life from time to time (explained yesterday), a question arises what kind of consciousness do I keep in these kind of situations and how do I ensure that the situation does not overpower my consciousness. Because **only a powerful consciousness of faith or victory will keep me protected from the negative emotional (internal) and physical (external) influence of these problems but will also become the most important influencing factor which will help me in overcoming the problem and going towards the solution or attracting it towards me**, sometimes immediately and sometimes slowly, but steadily, without losing my inner stability during the period that I wait for the solution to arise.

What is a powerful consciousness of faith when faced with a negative situation? **"No negative scene or situation of any type in my life lasts forever and this scene shall also pass and I shall emerge victorious over it using the power of thought, the power of positivity, the power of spiritual knowledge, the power of meditation. Victory is my birthright and it is dead certain."** This is in short a powerful consciousness of faith.

In tomorrow's message, we shall explain what is preventing us from keeping this consciousness of faith and how we can maintain it in critical situations.

## Soul Sustenance

### Does Greed Fulfill?

The false intention and assumption behind greed, in the form of a thought and feeling, is '**the more I have, the more I am**'. It is a combination of trying to add to the value of the self through material possessions, position, role, talent or achievements and then becoming attached to these as a form of identity, finally leading to personal collapse. To try to add to the sense of self in this way has the effect of diverting oneself from the real self, which is why, in many cases, a person who has everything material is left with the feeling of being empty, disorientated and even fearful.

**We cannot accumulate, or rely on the external, to create a sense of personal value.**

People often try to fill the void of personal inadequacy or emptiness through greed, but this 'method' goes against natural, universal laws. **All that I am, all that I can be, all that will make me truly happy must begin from inside the self. We have to start from the inside out, not the other way round**, otherwise we create desires that have no end, like the ten-headed *Ravana* - every time *Ram* cut off one of his heads, another grew in its place. *Ravana* did not die until *Ram* aimed for his heart. Desires are created from wanting one thing or another, believing that we will find achievement when those desires are fulfilled. This pattern of behavior keeps deceiving us and the proof of this is seen in the state of discontentment and emptiness people find themselves in.

### Message for the day

**The one who is the master is the one who creates positive thoughts under all circumstances.**

**Expression:** The one who is the master of himself is always able to create the right kind of thoughts according to the circumstance. Never is there the dependency on situations or people for the right kind of responses. Since there is mastery over thoughts, there is also mastery over all words spoken and everything done.

**Experience:** When I am able to be a master of myself, I am able to constantly create positive thoughts. I am in touch with the inner resources and I am able to make use of these resources in a timely way. I never get confused or pressurized with outside situations, but am able to be in control in all situations.