

Daily Positive Thoughts: September 01, 2013: Talking to the Self



Talking to the Self

When you talk to yourself in your mind, which self do you address? And how? Usually people do not talk to their divinity, but to the most superficial aspects of their everyday personality. And often its a stream of fears, complaints and mindless repetition of old things. If we talked that way to another human being, we would have to apologise. Learning to talk properly to the self is a spiritual endeavour. Thoughts from the past and worries about the future do not create good conversation. Instead learn to talk to your mind as if it were a child. Talk to it with love. If you just force a child to sit down, he won't. A good mother knows how to prompt her child into doing what she wants. Be a good mother to your mind, teach it good, positive thoughts so that when you tell it to sit quietly, it will. Love your mind. Stay happy.

Dadi Janki

Meditation

The easiest way to meditate on God is to picture him as light shining with love, a being who knows the beginning, the middle and the end of your eternal journey through time, understands everything, and accepts you as you are.

When God walks into your life, it is like a laser beam passing across your being. The light restores beauty and value, even if what is visible at first glance is less than beautiful. Meditation is an invitation to light. Meditation is not complicated. It simply is a means of teaching your mind to think in a different way.

The Law of Focus and Attention

Wherever we focus our attention is where our thoughts are directed with most frequency and interest. Thus energy is produced in this direction, whether positive and beneficial energy or negative and harmful energy.

If we have a complicated mind, which thinks too much about certain things unnecessarily, our attention may be led towards the obstacles, problems, upsets and the things we worry about from a critical and negative viewpoint. By paying more attention to difficulties and problems, we feed these types of thoughts with our attention, so that we end up attracting these situations towards us. Finally, the problems and obstacles absorb us due to the amount of energy we have invested in them, turning what was perhaps a molehill (something very small) into a mountain.

The situation does not necessarily change immediately on changing our attitude. With this inner change, however, we will have more energy, clarity and determination to face up to and change the situation. When we focus on seeking solutions to problems and difficulties with a positive and enthusiastic attitude, we attract positive energy towards us, and this helps us transform mountains into molehills.

Soul Sustenance

Balance Between Masculine and Feminine Qualities

These are some examples of masculine and feminine qualities:

Masculine

Logical, Verbal, Brave, Enthusiastic, Enterprising, Flexible, Creative, Responsible, Self-confident, Jovial, Detached

Feminine

Intuitive, Silent, Affectionate, Serene (Peaceful), Patient, Tolerant, Inspiring, Optimistic, Resistant, Mature, Sweet

Opening up to the spiritual consciousness (or the consciousness of the soul) makes the masculine and feminine qualities emerge from our inner selves. As we become more conscious and attentive, we come across a balance between masculine and feminine qualities, achieving greater harmony in our lives and in our relationships. When we are only aware of the physical form, a part of our being may remain hidden. For example, if a man only identifies with his masculine form (I am a man), his feminine qualities do not develop. In the same way, many women have not developed their masculine qualities due to the thought: "I am (only) a woman". E.g. in a family where the father is often absent and cannot provide his support for long periods of time, the role of the mother takes on another broader dimension. She can make the masculine qualities emerge, combining authority and bravery with her more feminine aspects.

Addiction to relationships, in other words, the dependency on other people, is to a large extent due to an imbalance of masculine and feminine qualities in our inner selves. The main reason why this happens is that we do not develop the qualities that we are missing internally and we seek the company of others who have these qualities. We try to compensate for our weaknesses and fill our defects by taking what we are missing, from other people, thus becoming dependent on them.

Message for the day

Where there is courage there is success.

Projection: When we are involved in a task, we sometimes experience setbacks. Such setbacks often make us lose our confidence and we no longer have faith that we will succeed in the task. We then lose all courage to go ahead with the task and lose every chance of achieving what we have to.

Solution: We need to remind ourselves that we achieve success to the extent that we have courage. We need to make effort to maintain our courage even during the most difficult circumstances. Only when we do this will we continue to put in effort, which will bring us success at the right time.

