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## **Cheerfulness**

Cheerfulness keeps up the spirit of the one who possesses it and brings a smile to the lips of others.

## **Overcome Feelings Of Revenge By Changing Your Belief System** **(cont.)**

The urge for revenge and the false taste of victory or happiness related to it can only end when the belief, that others are responsible for what you feel, is seen as a false one. Only when you take full responsibility for whatever thoughts and feelings you create will it be possible to end the anger and the hatred that seeks revenge.

**When someone hurts me, I create a negative image of myself and the other person in my mind's eye, in different ways. I see myself and the other in a negative light, myself as a victim and the other person as a victimizer. I need to stop doing that and see myself and the other in a positive light, in the same light as before, irrespective of the negativity that the other has radiated to me.**

When we do that, we will stop pointing the finger at others for whatever hurt we may feel. Only when it is fully seen and accepted that someone can hurt or harm my vehicle, the physical body, but not me, the controller or driver of the vehicle, will rage and the desire for revenge stop existing inside my consciousness.

**When I start seeing the person who has committed some negative action which is projected towards me, with an innocent, unbiased, untarnished vision, hatred will be transformed into love and compassion for both, me and the other person. Then it will be possible to be totally free of all judgment, criticism and any desire to seek justice and take pleasure and experience victory when justice is delivered.**

Only then will it be possible to rediscover true happiness in life, because as long as there is even the slightest trace of an urge to seek revenge for what someone has done to me, and the desire to experience the false happiness which is experienced when such revenge is delivered; both of which, the happiness and the revenge, are forms of subtle violence; true everlasting and deep peace, contentment and happiness can never be experienced.

## Soul Sustenance

### Positive Thinking

The sun is a suitable image for positive thinking. The visualization described below uses a sunlit landscape as a comparison for the four levels of thoughts we create (positive, necessary, waste and negative). It can be used to increase your percentage of positive thoughts everyday.

1. Visualize a beautiful valley with a lake, forested foothills and high mountains rising up into the clouds. This is the landscape of your mind.
2. Your position in this landscape and the form in which you are displayed depends on the quality of your thoughts. Are you a fish swimming in the muddy depths of the lake (negative thoughts)? Are you a frog jumping back and forth from the shore to the lake (wasteful thoughts)? A human, wandering into the forest to gather food and build a shelter (necessary thoughts)? Or the sun, which sustains (nourishes) all life on earth (positive thoughts)?

### Message for the day

**Where there is humility, there is benefit to many.**

**Projection:** Just as the tree laden with fruit bows down, the one who is full is the one who is humble. Such a person can bring benefit to all those around. Humility makes us a giver in all situations, also making it easy for others to take what we have to offer.

**Solution:** In all my interactions with others, It is more important to see what I can give them, instead of just expecting from them. Then, even when I have to follow others' directions there would be no difficulty. Humility helps me to bow very easily.

## **Godly light**

Knowing the self and knowing God brings light into the darkness, and brings love back into our lives whereby we can reach out to others. The world will change when we are able to share this Godly light and this endless love. When I know myself I can really meet others. My vision will not be disturbed by our differences but I will recognize the same essence in others.