

Daily Positive Thoughts: December 27, 2013: Think In A New Way



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Think In A New Way

Your thoughts guide you to your destiny. If you always think the same you will always get to the same place. Think in a new way and you will be a new person. Give happiness to all and you will live in peace. Create peace in your mind and you will create a world of peace around you.

Going Beyond The Perception Of Others

Watch how many things you do during the day are dependent on how you imagine the other sees you: your husband, your friend, your child, your cousin, your aunt, your boss, the secretary or whoever. You imagine how they are going to look at you and, as a result, you mould yourself accordingly. If you depend on the look of the other, inwardly you will always feel fear. You want to please the other so that they continue to see you as you want.

Because of the dependence that we have on the other to appreciate us, value us and not to reject us, we want to please them. If, in spite of doing everything possible, they do not appreciate us or are not happy, how do we feel? Cheated. After having done everything out of wanting to please them! Inside, you want to please them because you want them to keep on loving you, or you don't want them to sack you from your job, or you are afraid of being different or not being accepted. That kind of dependency takes us away from our true authenticity. If you look at yourself well, in the end, others will look at you well and the one who does not look at you well will perhaps teach you something, but your value and self-esteem do not depend on the look of the other. In this state, you are open because you trust yourself and you have personal security.

The other entity can also be the Supreme Soul (God). We are afraid that God might judge us for being sinners or not. If I think God looks at me with that vision of whether I am a sinner, whether I am this or something else, I distance myself from Him. A judge like that does not help me to live with wholeness. In general, in society, there has been a distancing from the relationship and experience with God, because we have learned that He is a strict being and a judge. Actually, God is love; God looks at me well and sees my potential and my beauty (which reflects His), God embraces me and, in this embrace, He frees me: He does not allow me to depend on Him?

Soul Sustenance

Overcoming The Subtle Desire For Revenge

Ask yourself very honestly how many times in your life did you feel joy, even a slight trace of it, when something negative happened with someone who had harmed you or hurt you or insulted you in any way in the past – either in the immediate or distant (far-away) past. When this kind of joy, which is an impure form of joy, is seen inside you, even if it is at your extremely subtle thought level (if not in your words or actions), you need to remember that this is nothing but a feeling of ‘subtle revenge’, even if physically you haven’t got back at any point of time at the person who has harmed you, when he did so. It may not sound very nice, but this kind of joy is enjoying the pain of others and is obviously an extremely low grade form of joy. Sometimes, as a way of justifying our **joyful revenge**, we call it **justice**.

The driving energy or fuel behind this kind of revenge is hatred or anger. It is a feeling of: "I really enjoyed it when ‘when what they had done to me came to them’ - I was so happy to see them suffer for what they had done, this is their punishment ... tit for tat." **It is a type of joy that only increases our accounts of negative karmas with the other person, which as a result, increases our sorrow, instead of decreasing it, although it may give us an impression for a while that it is decreasing our sorrow.**

This kind of joy will only cause the radiation of a negative form of energy to the other person, which will not only give pain to the other person, but will also cause the radiation of the negative energy of hatred from the other person to us that will never bring us long term joy. Imagine someone meeting with an accident on the road and in a lot of pain and instead of helping that person immediately we smile at that person happy with what has happened to him or her. What energy will such a person send us in return? This example is on a physical level, but the same principle applies on a subtle level. So the next time something like this happens in our life, we need to remind ourselves only if we don’t have the slightest trace of joy inside us that we can safely say that we are free from any desire for revenge, even though it may be very subtle.

Message for the day

To look at and appreciate specialties is to become special.

Expression: Life constantly offers opportunities to look at specialties. The one who has the habit of looking at these specialties is able to imbibe these specialties within himself. He is able to become more special with looking at only specialties constantly. So also, the one who looks at others' weaknesses subconsciously imbibes those weaknesses within himself. And these weaknesses are expressed in one's actions too.

Experience: When I form a habit of looking only at specialties, I am able to become richer. My personality changes positively as I have imbibed the habit of looking only at the positive aspects of the others. Also for having looked at others' specialties I find that others also begin to look at my specialties. Thus I am able to win the love and regard of all, and I become truly special.

True love

The world is trapped in the mire of barriers (politics, language, caste, gender) and this has distanced us from each other, and from what we require for wholesome existence: love, respect, understanding, and freedom. We are scared to love for fear of being taken for granted but God's love is very liberating, since God's vision surpasses all physical and imposed barriers: every soul is seen for what it is and what it is capable of; no one is condemned for their past; no expectations are kept nor requests for anything in return but yet God does know the value of His love. God has the faith that love and blessings will transform negativity in His children eventually. True love and good wishes for another soul is the seed that shall bear fruit in time. God says, you cannot love Me completely if you dislike any of My children because God cannot reside in a heart filled with hateful feelings.