



Thinking

Everything depends on our thinking. If I think in the right way I will be light. If I think in a wasteful way I'll be heavy. Waste thoughts are dangerous. They waste my time. They allow the past to come alive, and then I may forget the present and question the future.

Fulfilling Desires By Changing Your Belief System (cont.)

We have been holding a lot of incorrect beliefs as to what can lead us to back to our eternal and original state (these states were discussed in yesterday's message) and many of our actions are based on these beliefs. We have mentioned a few examples of incorrect beliefs below. There are many more, which you could reflect on.

Lust and attachment increases love in a relationship.

Anger is necessary for success in relationships and is important for getting work done and gaining respect. It provides a mental upsurge of energy.

Greed attracts physical prosperity and brings happiness.

Ego is power; a person with no ego is generally timid or submissive.

Worry prepares us for the worst, worrying for someone close is expressing our love for them.

Being emotional and crying for our loved ones in bad times, is expressing love for them. Being emotional and crying in good times is expressing and experiencing joy.

Gossiping increases social bonding and gives one an experience of joy.

Jealousy inspires us to do better and achieve more.

The Supreme Teacher changes our belief system and not only makes us aware of these incorrect beliefs but reconditions us by incorporating correct beliefs inside us so that we start performing karmas or actions based on them and start progressing towards our eternal and original state.

Independence

In order to live in peace, try not to depend on anyone and at the same time try to help others not to depend on you. Help them become independent, free and responsible for their lives. Ensure you do not cause anyone sorrow, and do not allow others to be a source of hurt for you.

Soul Sustenance

Analyzing Success and Failure

You feel positive and joyful when you realize that you are successful. However, when failure comes to you, you feel defeated. The definition of success and failure varies from one person to another and according to the stage of life that you are in. **It is important to have success and failure well defined for yourself, because, based on your definition, you feel greater or lesser inner wellbeing, happiness and wholeness.**

There are also different levels of success and of failure. For example, for some the greatest success is to be happy and radiant, whatever happens inside or outside. If one manages to keep happy in the face of failure, for them it is a success. Because to be happy means that I am connected with my essential worth or inner self, my being is awake and alive. Failure does not reduce my vitality, my contentment levels. The greater or fewer external achievements do not reduce the quality of the inner being or of being happy. **The important thing is that you believe your own definition of success and failure.**

Some ideas can be shared that can act as guidelines, but, in the end, each person has to create their own guidelines, definitions and factors leading to success and failure. Basing ourselves on these guidelines and beliefs, we evaluate our successes and failures. **You can reflect on what true success and failure mean for you and, according to those meanings, centre your attention on the values and efforts that lead you to achieve your objectives.**

(To be continued tomorrow ...)

Message for the day

The one who is free from carelessness is the one who is constantly enthusiastic.

Projection: Sometimes we do find ourselves in situations where we have no enthusiasm to continue with what we had started with a lot of enthusiasm. We do continue with what we are doing but not with the interest that we had started with-to the extent that we sometimes even give it up.

Solution: We need to check the real reason for our lack of enthusiasm, which could be our own carelessness. When we make sure that we pay special attention to what we are doing and don't let carelessness set in, we will be constantly enthusiastic till we complete the task.