

Daily Positive Thoughts: January 18, 2014:



## Courage

One of the highest forms of courage is the ability to face my own negativity without feeling guilty or bad about myself, and then take responsibility for changing it. To begin this process, I first make contact with my deepest spiritual core. Reflecting on the things I care about mostly gives me a glimpse of my innate goodness. Building on this, God will, if I let Him, gently reveal in me a caring and compassionate nature that can even be described as divine. The courage to let go of unwanted thoughts and feelings will develop when I accept that my higher, divine self is not separate from me, but lies at the very heart of who I am.

## **Empty Handed We Come And Go Away**

There is an old saying that we came empty-handed not only when we entered this particular life but when seen from a broader perspective, also when we entered the world. The same is the case when we leave this life or the world as a whole.

**Every birth for the soul is a fresh chapter or innings in its journey of life.**

**Everything that has come to us will definitely go away from us one day. While some may perceive this basic fact of humanity to be unrealistic and not in tune with practical life, but the fact is that attachment or the tendency to possess or cling is a defiance of this law, which leads to a form of fear filled spiritual suicide** because the joy and contentment that seems to come from this tendency is only temporary and artificial and between these moments of happiness, there is fear of the loss of the physical or non-physical object that you try and possess, embedded in between and this fear causes the object to start controlling you and you feel suppressed and in bondage.

As a result, your inner potential and creativity remains untapped and even starts reducing, without you realizing it consciously. In such a state, you fail to see and accept new ideas, opportunities and people in your life. Your inner world becomes closed and chaotic and very difficult to manage and your internal self is weakened and harmed, leading to an internal self suicide.

When someone stops clinging to anything, physical or non-physical, they don't become indifferent or cold, but their consciousness just starts becoming broader and functions without any limits, barriers or boundaries.

(To be continued tomorrow ...)

## **Soul Sustenance**

### **Fulfilling Desires By Changing Your Belief System (Part 2)**

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.

## Message for the day

### God's love brings out the best from within.

**Expression:** God, who is an image of perfection, becomes a source of inspiration and power for the one who is connected to Him. With the connection with God, and with an experience of His love, it becomes easy to be in touch with the innate qualities of peace and purity. In all circumstances, the presence of God becomes a great motivator to express the inner beauty.

**Experience:** When I am deeply connected with God, I am able to be connected with the innate beauty. God's love becomes a source of energy to connect me back to my innate beauty. Thus I find that I am able to maintain this inner beauty under all circumstances. I am not negatively influenced by the situations or people.

### Acceptance, Acknowledgement, Appreciation, Actualization

One of the deepest habits we learn is interfering in others' lives. Even if we are not actively interfering there is a good chance it's happening in our heads. Then, when people don't do what we want them to do, our ability to relax is non-existent. If you want to interfere successfully in someone else's life, try this loveful approach. It begins with acceptance, continues with acknowledgement, is empowered by appreciation and ends in actualization. Only in this way can we help others be all that they can possibly be. Only by making love practical in this way, can we heal our own habits of criticism, envy and blame. Accept, acknowledge and appreciate. It doesn't mean you have to agree, comply or condone. The paradox is that we ourselves will receive the same in the process, not only from ourselves, as we become what we give, but from others along the way.