

Daily Positive Thoughts: April 09, 2014: Calmly Observe



Norway is Beautiful!

### **Calmly Observe**

If you calmly observe, you will more clearly see situations for what they really are.

## **Love And Suffering (cont.)**

When there is too much pain we cannot lean back into our true power and experience our energy of love. Only the power of pure love, unconditional love or love of God, can help us to get rid of the suppressed pain inside the subconscious. When you live through a situation that causes pain in you, you have to love yourself, stabilize yourself and enter into silence. Observe that pain without being afraid of it. Observe it to let go of it and understand what it is that it brings about in you.

The answer, generally, is connected with others: \* He/she doesn't love me anymore and that's why I feel pain, \* Things are not like they were before, \* The company of this loved one doesn't give me the benefits it was giving me before.

If a person loved you and now has stopped loving you, does that make you feel pain? Or is it your own expectation and your desire for that person to keep on valuing you or loving you like before that trap you in pain? Is it that you don't accept change? The truth is, we bring on suffering ourselves. If you don't want to make yourself suffer, starting from now you do not have to bear any more suffering. Nobody can wound you or can cause you pain, except if you allow it. So how do you allow it? By being a vacuum that sucks in everything of the other, the good and the bad, and you suffer. It is expectations from our loved one that make us vulnerable to the experience of suffering.

## Soul Sustenance

### When To Say Yes And When No

**When you are faced with different situations or opportunities, which do you say yes to and which do you say no to?**

In order to decide, it is important to keep the vision of your dream and what you the soul really wants, in front of you. Be aware of what is essential for you. **From this space of inner focus, we should see which of these situations/opportunities are going in the direction of your dream, what is essential and what takes you away from your dream;** also be aware that sometimes situations are like ‘mirages’ (illusions) that seem to offer something easy and attractive, but which distance you from the essential or the truth. They are opportunities that seem easier and, out of laziness, it would be easier to say yes. But within you, if you listen, you know that, in the long term, you will not be happy, content and peaceful given that you have avoided or are running away from the challenge, you haven't listened to your heart. We need to refuse to allow ourselves to be carried by the current.

**When you say yes to the proposal, situation or action that is close to your essence of your spirit, it is a yes in which there is not submission, where you do not lose your freedom or your self-esteem.** It is a **yes** with the certainty that, learning from what life offers you; you and others will move forward in a positive sense.

## Message for the day

**The ones who are detached watch the challenges that come their way as a game.**

**Projection:** There would definitely be many difficult situations that come our way, but if we are detached, we will not become confused. Detachment gives us the power to observe all the situations just as we would observe a game. We would not feel caught up, but will be able to enjoy under all circumstances.

**Solution:** If there is any situation where we feel helpless we need to develop the power of detachment. We should practice looking at the situation just as we would watch a play. Then we can feel light and enjoy the different turns that the situation takes.

## Attitude

Attitude is essentially a blend of perceptions, thoughts and feelings about anyone or anything. It is influenced by memories, past experiences and beliefs.

Although we may not notice, our attitude sits at the heart of all that we say and do. It's our attitude that reflects back to us in our relationships and it's our attitude that can rub off onto others.

So, it makes obvious sense to hold a positive attitude at all times in all situations. Today, what will your attitude be?