

Daily Positive Thoughts: May 08, 2014: Give



Vitarka Mudra - Teaching, Giving Instruction, Reason

**Give**

Give to others from the heart and in turn many things will come to you.

## State of Self-Respect

When we are stabilized in our state of self-respect, we are able to connect to our own specialties and use them for the betterment of those around too. Apart from this, we are also able to connect to others' specialties and are able to encourage them to use these specialties for everyone's benefit.

## The Subtle Role Play Of Thoughts And Images

**The human soul is a subtle (non-physical) stage on which a subtle role play of thoughts and images constantly takes place throughout the day and even while sleeping.** We have explained in our older messages how thoughts are of 4 main different types - **positive** which are based on virtues, **necessary** related to day-to-day activities, **waste** which are mainly unnecessary and related to the past and future and **negative** which are related to vices and other weaknesses. In the same way, we also constantly create images or scenes, which are of the same 4 types, which is why we commonly use the term 'the eye of the mind'. The mind not only thinks or speaks subtly but visualizes or sees subtly too, almost all the time.

These two processes function, sometimes independent of each other as well as sometimes dependent on each other i.e. influencing each other e.g. think of peace and that leads to visualizations related to the same. Visualize an unpleasant scene of anger and hatred, and your thoughts are led in that direction. Sometimes these two processes function at the same time and sometimes one at a time. Sometimes neither functions at all, which happens much more frequently while sleeping as compared to when we are awake. **This subtle, physically invisible role play is the foundation of the physical role play of words and actions that is visible to the self and everyone else around you.**

(To be continued tomorrow ...)

## Soul Sustenance

### Positive Thinking

What Stops You from Being Positive?

There are many reasons that make it difficult to produce and hold on to positivity in your mind and attitude. The external information we receive is mainly negative, and our thoughts and conversations are based on this information. Other causes include:

- \* Other people's negativity rubbing off on you; Other people's criticisms influencing you;
- \* Self-doubt;
- \* Lacking clear objectives in life;
- \* Not having recognized your true qualities, virtues and values;
- \* Lacking self-confidence;
- \* Not believing you are a positive person;
- \* Keeping the past in your mind;
- \* Being egoistic;
- \* Comparing yourself with others;
- \* Having low self-esteem;
- \* Being frustrated or irritated;
- \* Lacking flexibility or tolerance with people or situations, etc.

### Message for the day

**The one who serves with the balance of the head and the heart is the one who is successful.**

**Expression:** We usually give directions to people when they go wrong. We also use a lot of logic when we give such directions, but it doesn't always have the desired effect. We then begin to consider the other person to be wrong.

**Experience:** What we need to do is to have a balance of both the head and the heart while giving our suggestions to others. That means we need to have a lot of love while giving our suggestions to them. Then whatever we say will have its effect on them.

