



Enthusiasm

Those who are fired with an enthusiastic idea and who allow it to take hold and dominate their thoughts find that new worlds open for them. As long as enthusiasm holds out, so will new opportunities.

Factors That Shape Our Perception (cont.)

There are four main criteria that may influence how our perception of reality is distorted or altered (changed). We had discussed "Mental Positioning" yesterday. Today we discuss:

Mental Limits

It is said that **the solution to important problems we face cannot be obtained in the same consciousness (state of mind) we are in when we create them (the problems) - the consciousness needs to be changed to see the solution.**

Mental limits are those which we have imposed on our mind. We create these limits ourselves or they can come as a result of our education, the family environment and the society in which we live. For example, at work a mental limit is always thinking in the same way. So we always take the same decisions and get the same results. Experience itself may also generate mental limits. You think you know how to do certain things and these convictions act as mental limits. The greater the mental limitation, the greater will be resistance to change. Due to the mental limits, we usually have a series of readily prepared responses. They are excuses and justifications that provide us with poor results. We are always trying to solve problems using the same formula and this often causes stress because we cannot find the answer.

The main mental limits are related to identity. We create a very narrow and limited image of ourselves. * I am a man, * I am a woman, * I am a Christian or a Gujarati, * I'm young, * I'm old, * I am white or black. The image we have of ourselves may be limited, because we do not have sufficient knowledge of our own resources, virtues, values, and identity. A deep investigation into our inner selves will help us to change the image we have of ourselves.

(To be continued tomorrow ...)

Soul Sustenance

Practical Ways of Changing Old Habits or Beliefs (Part 2)

Positive Affirmations

Affirmations are promises that we make to ourselves. They are helpful for breaking negative habits or weak thoughts that have been created as a result of mistaken attitudes. Affirmations help to strengthen the mind, although to be effective there must be acceptance and understanding behind them. It is interesting to begin experimenting with them and, later on, we can begin to create variations of new affirmations, according to our individual needs.

Here are some examples:

- * Today I will experience peace through positivity. I will see what is good in others and will not think about what is negative or harmful. I will see others in the way I would like them to see me.
- * From now on I will not judge others.
- * Today I will speak peacefully and share peace with everyone around me. I must speak as softly as I can.
- * Today I will make the past the past and look towards the future with a new vision.
- * Today I will not react angrily. I will stay calm and in peace and will not sacrifice this for anyone or any situation. I must not allow anything or anyone rob me of my peace.

For the affirmation to be effective, we must repeat it to ourselves often, so that it becomes recorded in our subconscious. It is also important to proclaim the affirmations with feeling, believing in them and not in a monotonous and impersonal voice. As a minimum, you should repeat each affirmation at least five times a day. If we listen to something repeatedly, we begin to believe in it. In reality, this is the origin of the majority of our beliefs, when as children we heard our parents tell us things over and over again. Advertising uses this technique constantly. They create a phrase, a slogan, and repeat it over and over again in the media until, finally, people believe it. To be able to control your life, first you must know and dominate your beliefs. One way of doing this is through affirmations.

(To be continued tomorrow

Message for the day

Patience brings harmony in relationships.

Expression: When there is a misunderstanding in a relationship we hardly put in any effort in order to understand the other person. We tend to become impatient and we don't listen to the other person to understand them. Because of which we start inventing things about them. This only further increases the misunderstanding.

Experience: When we have a difference of opinion with someone, we need to give some time to understand and listen to the other person. Only then will we be able to understand the other person's point of view. This practice will enable us to finish any misunderstanding we have with others and bring harmony in relationships.

One Step of Courage

Usually when there is a difficult situation there is the general tendency to experience fear. At the time that there is courage required, there are fear and negative feelings. These negative feelings deplete energy and there is no constructive work done to change the situation. The understanding that one can do a lot and reach great heights, enables one to take courageously a step forward. With each step taken with courage, there is a hundred-fold help received. Also courage means to understand the accurate method of achieving things. When there is this kind of courage, there is a lot of progress in whatever is being done.