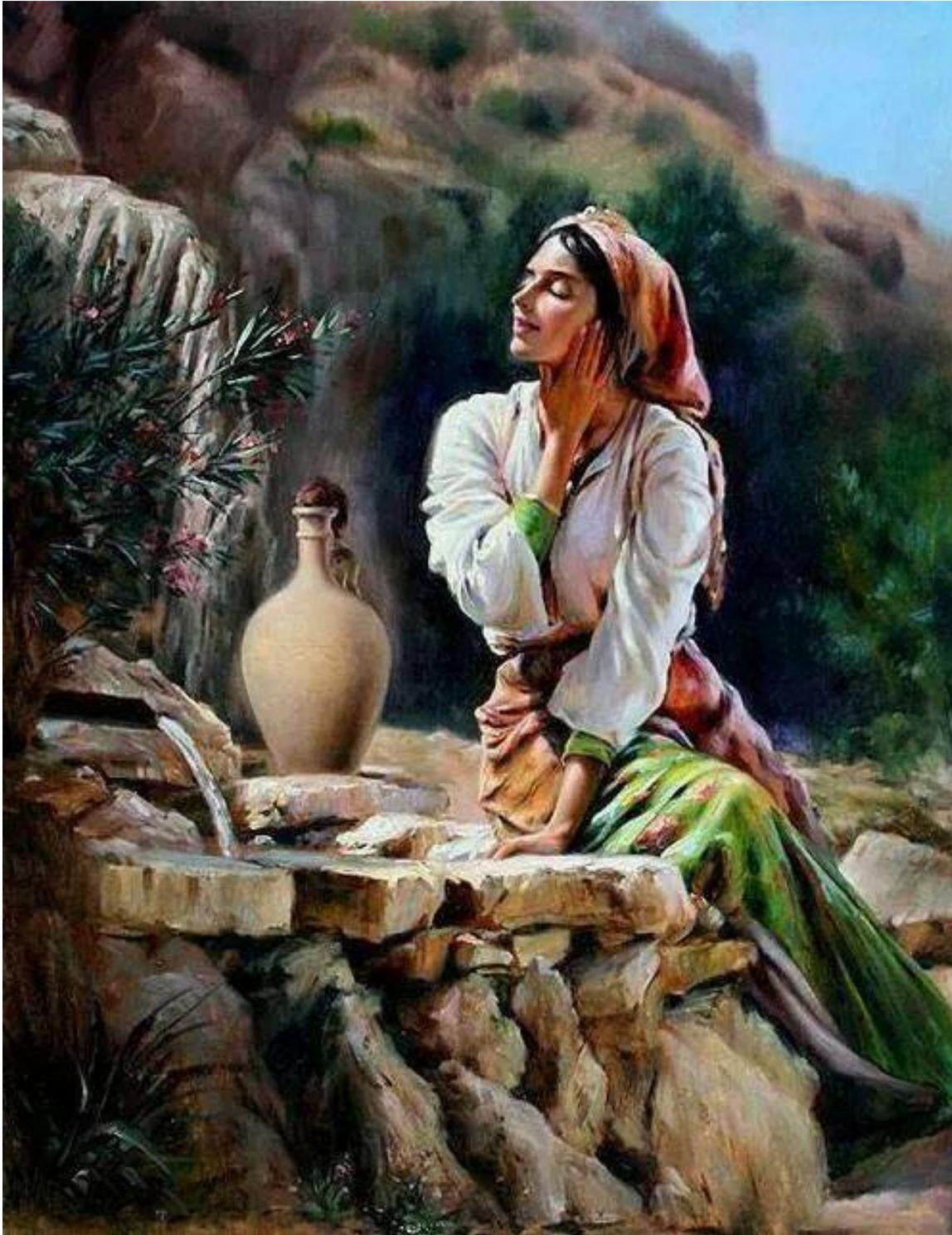


Today's Thoughts: May 09, 2020: Attitude of Gratitude



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Attitude of Gratitude

Gratitude means being thankful and appreciative for everyone and everything in your life.

Being grateful makes you happy. It stops you from taking life for granted. So cultivate an attitude of gratitude by taking time to focus on all the good things in your life.

Maybe even try holding a short gratitude session, weekly.

Respect for others enables them to strengthen themselves and progress.

When you have respect for others you are actually creating an environment in which they can strengthen themselves and grow. You are not caught up with their weaknesses but are encouraging them to use their specialities. When you see someone working with his weakness think of one speciality in that person and relate to him with this speciality. Also draw his attention to it and slowly you'll find him getting stronger.

Internal And External Attachments (Part 3)

Each time we attach ourselves to anything which is external or internal (we have mentioned some common examples of both types of attachments in the last two days' messages), **we create fears, amongst which the main one is the fear of loss of what I am attached to. The attachment not only gives rise to fear but also brings with it emotions like anger, ego, sadness, jealousy, greed, comparisons, hatred etc.** All these emotions have their roots in attachment, which gives rise to insecurity.

Any type of attachment out of the ones mentioned in the last two days' messages or some other is a *sanskar* that is so deeply embedded inside us that it seems normal to us. It is just a *sanskar* but it has immense amount of power and it manages to imprison us completely, but most of the time we do not even realize we are imprisoned. The negative emotional states connected with this kind of attachment create a state of internal mental pressure or an inner emptiness and make us feel absolutely helpless at times. Over a period of many births, we have become so accustomed to these attachments and the various forms of suffering connected with it that we have started believing that these are an integral part of the human personality and human life since the beginning and are, therefore, natural. And so we continue with the *sanskar* and even keep strengthening it, never ever thinking that it should be removed. We do this with internal stress and unhappiness to the point that even our health gets affected adversely. **The natural state of the self is free and not attached in this way to anything. Attachments, whether external or internal, are acquired at different points of time in birth-rebirth cycle and are not natural or there from the beginning.** All the things mentioned in the last two days' messages have existed from the beginning but attachment to them has not. The present suffering indicates to us that these types of attachments are something abnormal or not natural.

Message for the day

The power of determination brings all thoughts into practice.

Expression: There are a lot of thoughts that come into the mind that should come into practice immediately. These thoughts come according to the demands of time or according to the kind of people that one comes into contact with. But the only way to bring all these thoughts into practice is to use the power of determination. Where there is determination there is the commitment to use all the resources for the realization of that thought.

Experience: When I am able to use the power of determination, I am able to realize my inner potential and use it in the right way. So I am able to experience constant progress, because all my thoughts are for my own self progress and all these thoughts naturally come into practice. I never give up anything with temporary setbacks but am able to do everything for the constant progress of the self.