

Today's Thoughts: May 31, 2020: Forgetting and Remembering



Forgetting and Remembering

Life is a game of forgetting and remembering. You are losing the game when you ... forget who you are and what you are doing here, remember the false things of the past and what they did to you.

Overcoming The Fear Of Interaction Or Socializing

There are various activities that you are perhaps afraid of doing, but that you know they are very useful activities to indulge in e.g. if you are afraid of socializing or interacting with people, either on a one-to-one basis or in a group. In a party or a situation where lots of people are enjoying the company of each other or in a meeting with your boss for e.g., you feel out of place and uncomfortable. **The problem might lie in a negative image of the self or low self-esteem, lack of confidence, fear of the other's opinion about you, lack of spiritual strength, past failure in having done so, being influenced by the other person's role or position etc.** How do you overcome this fear? By interacting with more and more people. The more you interact and mix up with them and express your viewpoint fearlessly, you realize that it is not a problem. Even if you make a mistake or you feel unsure, with practice you will see that there is no problem.

Most of our fears are overcome with the practice of doing what you are afraid of. If you do not make a brave step forward in order to overcome the fear of expressing yourself, you will continue to be the victim of this fear. This fear is then a negative energy that paralyses your intellect as a result of which your concentration and your decision-making power reduces. It also disorganizes your ideas, and confuses you whenever you express yourself in front of a person or people. What is more, fear produces clumsiness in your words, body movements and actions and makes you lose your image of credibility. It gives an impression of nervousness and low self-respect to the other. You have to overcome it, and you will manage to do it with practice and by changing the vision that you have of others: they are not a threat, they are not judges who are going to pass a judgment against you, they are offering you the opportunity to express yourself. **If you value yourself, you will not be afraid of not being appreciated by them and others will finally appreciate you.** If you do not value yourself, the opposite will happen.

To be in a state of self-respect is to use my specialties.

It's during challenging situations that I need to use my specialties. Although I do have a lot of qualities that I could use, I find that it is during such challenging times that I am not able to have access to them. A long time practice of remembering and using these qualities will make me access them and use them during such times of need. Today I will remember my specialty. I will remember what my strengths are, what specialties others see in me and rely on me. I will use them throughout the day in whatever I do. This will help me remember and use my specialties and will make me have access to them at the time of need.

Message for the day

To do the internal dance of happiness at the time of tiredness is to bring an instant change in our mood.

Thought to ponder: When I am tired, it is easy to give in to the tiredness and feel low, irritable or vulnerable. At such a time, I need to do something that my mind can dance with happiness. When I have the aim of being happy and do this little exercise of being happy, I will be able to be free from tiredness of the body and mind.

Point to practice: Today I will do something nice to recharge myself. It could be something as simple as listening to a nice song or taking a peaceful walk or painting something. This little effort of mine would give me happiness and bring enthusiasm in all I do.