

Today's Thoughts: May 27, 2020: Let Go of Emotions



## **Let Go of Emotions**

Emotions can feel uncontrollable - we have no choice but to experience them. But to live by our emotions is to live under a tyrant's rule. Acknowledge emotions for what they are, without shame or guilt, and then allow them to pass through you like wind moving through the leaves of a tree. Remember that it is only with your permission that feelings can change the way you behave.

## Limiting Influences On Your Decision Making Ability (Part 1)

It is extremely important to realize that, in any situation, you have the power to choose whether your response in that situation will be passive or pro-active, positive or negative, indifferent or attentive etc. **You choose what action you take and how you feel. But do you exercise your power of choice all the time?** You need to check which factors influence your decision making and push you either in one direction or the other? **There are many factors that control and limit your power to make the right, and more importantly, free choices.** These factors primarily include influences of people that dominate your ways of thinking, your beliefs, your attitudes, even your complete personalities, etc. You are also limited by the influence of your own fears, attachments, desires, biases or other negative and waste thoughts, which result in a lack of focus.

There are a lot of people who are not used to thinking for themselves or even prefer being a *yes* man going along with what others think and say, without having an opinion of their own. Also as you pass through your childhood and teenage life and enter adulthood, you acquire many preconceived ideas or beliefs from your family and social and cultural environment; that is why you assume inside that some things or people are always positive and others are always negative when, in fact, that's not necessarily true. This directly affects the type of decisions you make, each time there is a requirement for one. **In any particular situation, courage, wisdom, high self-esteem and focus is required to sit down calmly and make an assessment about the possible choices before you, and then finally make the right decision.** The more you practice relaxation, positive thinking and meditation, the more you rise above all the negatively influencing factors mentioned above, the more you experience the positive qualities and powers mentioned above and exercise your power of choice accurately and with confidence.

(To be continued tomorrow ...)

**The biggest service is to become the one who removes sorrow and gives happiness.**

There can be no greater service than becoming instrumental in giving happiness to someone and removing their sorrow. When I see someone's pain, I need to see what I can do for making them happy. I need to pay attention that I don't experience pain seeing their sorrow. A person who is unhappy, cannot give happiness to others. Today I will lend a helping hand to one person and do something that truly helps him. To help also means to empathize, to give good wishes, to listen non-judgmentally or even to be a support to them in some way without making them dependent on you.

**Message for the day**

**To start the day with positivity is to ensure success throughout the day.**

**Expression:** When I am a journey, I choose and decide my way - where I have to go. My choice leads me on further in that way. In the same way, the first thought that I have as soon as I wake up decides the quality of my day. If I start the day with a positive thought, I will be able to pick out the best from all that the day has to offer and move ahead towards success.

**Experience:** Today I will check what the first thought was that I had when I woke up from bed. I will then take an aim to start the day with a positive thought. Instead of thinking "Oh God, I am late", let me think "I am going to have a great day". I will also create a positive thought before starting any new task.