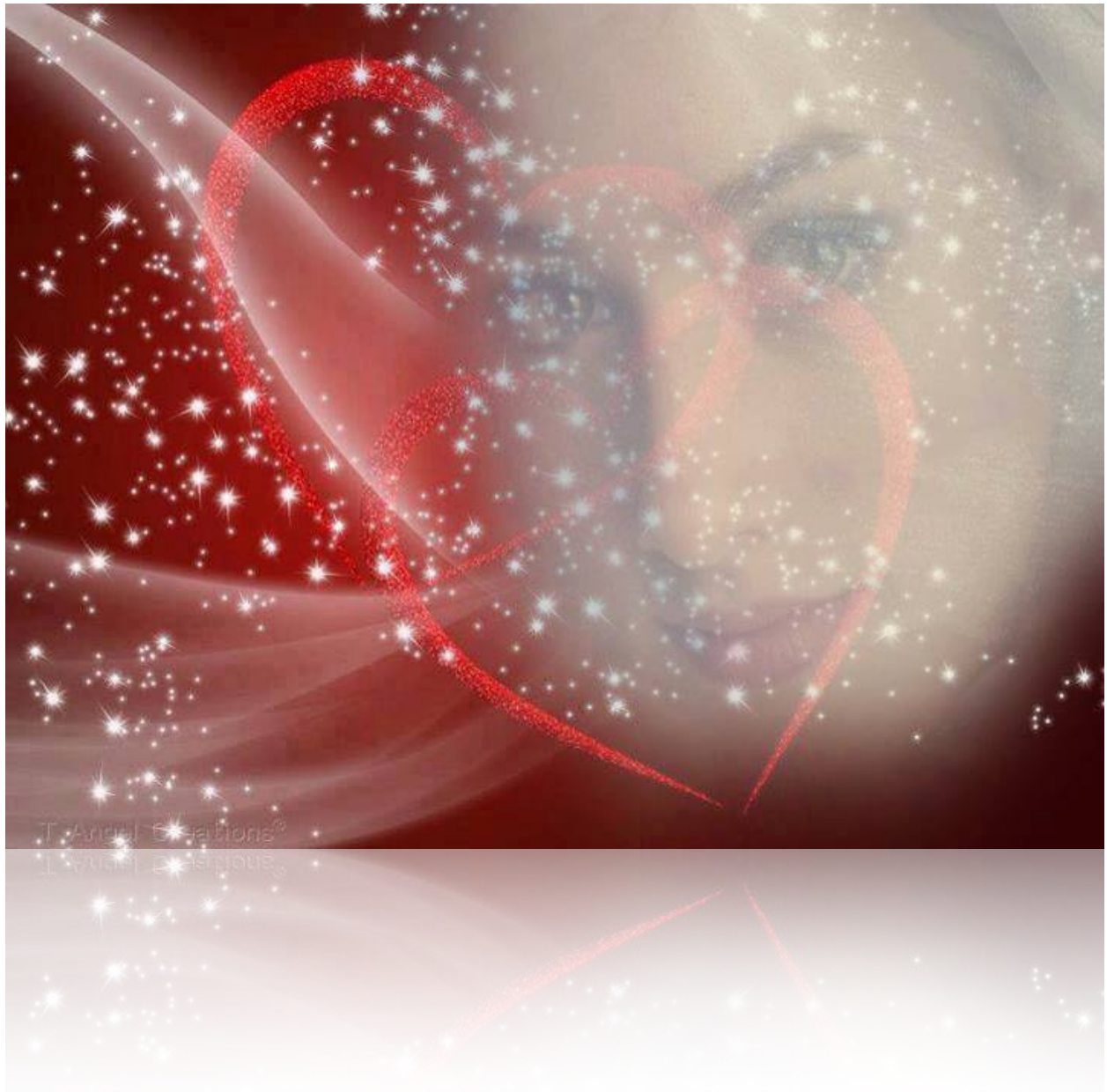


Today's Thoughts: May 29, 2020: Mind & Heart



## **Mind & Heart**

A mind filled with peace creates  
a heart filled with contentment.

## Uprooting The Emotion Of Worry From The Consciousness - 1

What is a good definition of worry? **Worry is a process of imagining the worst possible outcome or result or future in a particular situation and creating a living and active image of it in front of the eye of your mind, and then using the energy of that negative image to flow inside your consciousness so as to completely overpower or weaken your spiritual and as a result your physical self to evoke fear in the self.**

When people are asked about this process, a person who is attached to this process and is involved in the process very regularly the whole day in different types of situations, one who is a habitual worrier, responds - *But it's important to worry, it's good to worry. If we don't think of different possible negative outcomes, how will we prepare for them?* **It's important to realize that the belief, that by worrying, we prepare for the worst in the future is a false one.** This belief causes us not to realize the truth that all worry is simply an incorrect and fruitless creation. It is a wrong use of the positive, constructive and imaginative capacity of our mind and intellect which, instead of empowering the mind and intellect, weakens it. Preparing for the future is important and necessary, but very often while doing that, we enter the territory of worry, which leaves us, defeated or weakened. There is an extremely fine line between proactive preparation (necessary preparation in advance) on the one hand and worry on the other. The preparation can be done without creating an excessive number of possible negative outcomes in the mind.

(To be continued tomorrow ...)

## **To appreciate is to use the treasures of life well.**

There can be hundred reasons to complain and there can be of course hundreds of reasons to appreciate. It is up to me whether I want to complain or appreciate. If I continue to find reasons to complain, I will never be happy. In such a state, I cannot use any of the treasures that I have. Today I will not complain. Whatever happens throughout the day, I will find excuses to appreciate rather than complaining. Because when I complain, I will only make myself more and more sorrowful and less and less positive and enthusiastic. So, just for today let me be the one who uplifts the atmosphere rather than just being a victim to it.

## **Message for the day**

### **To be free from blame and excuses is to get others' help too.**

**Thought to ponder:** When I blame others for whatever has happened to me, I lose the chance for improvement. On the other hand, when I make effort to bring about a change, using that situation as a learning point for myself, I find others helping too. There is no negativity involved, but only a move towards a positive change.

**Point to practice:** Today I will not blame anyone for whatever happened to me. I will find a way to deal with the situation, without blaming others or trying to escape by giving excuses. I would be able to courageously take on any situation that I would be faced with.