

Today's Thoughts: September 21, 2020: Balance



Sunset over the beautiful landscape of Iceland - Photo by Max Rive

Balance

When we work only with our heart, success is fleeting. But if we work only with the head, relying on logical thinking, we get the task done but somehow the beauty is missing. To be successful throughout life, I need to balance love with logical thinking. I am then better able to see all the options available to me, which will lead to greater success.

Bringing Your Dreams Alive

Each one of us has dreams that we nourish right through our lives. Some are short-term dreams and some long term ones. Dreams keep changing as we progress through different phases of our life. Some are achieved, some are not. Some of us possess the ability to realize our dreams more than the rest. The most important and influential factor in this process is how much we believe in our dream and believe that it will be realized. Some of the factors that hamper this belief are:

* The **influence of the past** - the **memories of our past failures**, which sow seeds of doubt in our mind;**as well as successes**, which keep us in an illusionary consciousness and distance us from the present moment and our present actions. Also, sometimes we associate present temporary failures or ups and downs which may come in our way, with failures of the past.

* **Lack of inner strength or power**, when faced with obstacles in your path. **Tendency to get dejected** very easily and creating weak thoughts like we do not deserve it or we are not capable of it or are we not lucky enough or it is not in our destiny or maybe it is our negative past actions which are influencing our dream realization process adversely, etc.

* The **opinions or comments of people** surrounding you who sometimes, are not in tune with your consciousness and are not able to empathize with your purpose. Their comments easily de-focus you from your purpose.

* **Lack of ability to mould or adjust** during the dream realization journey. Any journey is always full of twists, turns and sudden changes. A rigid state of mind, which is not able to change its tactics as required, may make the path seem more difficult than it actually is.

* It is very good to dream but **excessive attachment to the dream** also may make the journey towards the dream stressful and bring down your self-belief at times.

Accuracy

Accuracy is not just thinking about doing things perfectly or to set a standard.

In spiritual terms, being accurate first of all requires that I be aware of the attitude. I need to create harmony in my relationships.

If I inspire enthusiasm, trust and confidence in those around me, whether colleagues, friends or family, my own self-esteem and ability to get things right will also flourish.

Message for the day

Where there is humility and self-respect, it results in selfless service.

Contemplation: When there is a combination of humility and self-respect you become a giver. Your humility enables you to put others forward and your actions will be ones that give happiness to others.

Application: When you are involved in some major task remind yourself of your humility and give the ones around you a chance. When you put others forward you will be able to ensure your own progress too along with that of others.