

Today's Thoughts: September 12, 2020: Forgiving



Forgiving

See beyond immediate circumstances. Clear the decks of old grievances become free from outdated thinking. Learn from past experiences and move on by tapping inner sources of self-worth and humility. Valuing honesty and commitment, softly let go and enable others to change. There are new horizons, new growth, a new lease of life.

The Hurting Of The Ego (Part 1)

Almost every day or every second day we come across a situation when someone says something to us which is not very pleasurable or we chose to perceive it to be so. In either case, we feel insulted and get upset as a result. In some cases we react and display our feelings. In some, we don't. In either case, the result is a depreciation (decrease) in our happiness index. Why does this happen? It's because you have created, attached to and identified with an image of yourself in your mind that does not match with how the other sees or perceives you, as a result of which you believe you have been insulted and you get upset.

As long as people's perception of you matches the image that you have created inside your mind of yourself, you are content with them, but as soon as the opposite happens, even if it is to a very small extent, you become disturbed, because you are attached to that image. The more the attachment, the greater the hurt, the disturbance or reaction. You could examine this phenomenon very closely, taking place inside yourself every day. This kind of attachment mentioned above is called ego. **That's why the phenomenon explained above is called in common language *the hurting of the ego*.**

In tomorrow's message, we shall explain this phenomenon further with an example.

Coolness

Maintaining a state of inner calmness protects me from becoming a slave to my emotions.

It also helps me to keep a cool head when I see others becoming heated or angry.

Coolness is not to be distant or uncaring; rather it requires that I develop the deeply caring nature of a peacemaker and serve others in the best possible way.

Message for the day

To recognize a weakness is to bid goodbye to it forever.

Thought to ponder: Mostly, we do recognize our weaknesses but are not able to get to the depth of that weakness. So, although we promise to get rid of it, we are not able to. For example, if I feel my weakness is anger, I need to check myself why that anger comes. Is it because of comparison and jealousy or is it because of an inability to accept people as they are. Once recognized, the real weakness is easy to get rid of with a firm promise.

Point to practice: Today I will make a promise to get rid of a weakness of mine which is coming to me again and again. For today, I will keep myself free from it with the firm belief that "I will surely be able to win over this weakness"