

Today's Thoughts: October 26, 2020: Wisdom



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Wisdom

The essence of wisdom is using what we know and confessing to
what we do not know.

Forgive To Forget

A key principle to remain light and stable in relationships is – *forgive **and** forget* - it's a well-known principle – one that we sometimes find difficult to practice. It can be modified to *forgive **to** forget*. Sometimes we spend many years with so much bitterness inside us for a particular person, with an inner violence of wanting to make the other *pay* (emotions of revenge), the one who has supposedly hurt you. If you don't strike back immediately, you at least want to keep this *guilt card* in your pocket, to be pulled out at a later date: *Oh yes, well what about the time when you....* We keep this bitterness inside us because we haven't forgiven. **It does not resolve the situation; the only thing it does is increase our pain, makes us heavy and does not let us remain in peace.** So the key is **that if we do not forgive, we cannot forget.** When someone has offended or insulted us, the last thing we want to do is to let it go. And yet, if our desire is to have a healthy, lasting relationship, that is exactly what we've got to do.

Sometimes, when it is a question of a broken relationship, it is not only a matter of forgiving the other, but of forgiving yourself for having allowed yourself to enter that experience. It was you that took the step to allow that experience to be entered into. If you hadn't taken that step, you wouldn't have had that experience. You accepted that challenge, that relationship, and what might happen in it – you were aware of the possibilities when you entered in the relationship. **So not only do you have to learn to forgive the other, but also to forgive yourself** in such situations. Only then will you be able to forget.

Labeling

When we put labels on people, we're categorizing them with a single word, without considering complex factors.

Labels get in the way of reality. In reality, people are so much more than a label.

Remove the labels. Take a peek below the surface to see, understand and accept others as they are.

And keep the labels where they belong, on cans and jars, not people.

Message for the day

To be a leader is to lead by example keeping a watch on every action.

Expression: When someone is clicking a photograph or recording a video of us, there is care taken about every action of ours. We make sure we are able to portray our best. In life too, if we have this consciousness, that I am being watched and I am a role model to everyone, I will be able to set the right example for others.

Experience: Today I will check my actions. I will do at least one thing today that can be as an example for others to follow. For example, when someone shouts or doesn't behave well, I will smile and have a thought of good wish for them.