

Today's Thoughts: December 11, 2020: To be a giver is to experience constant happiness



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Sometimes we find ourselves in situations in which we try to make others happy, even though in doing so we neglect ourselves and experience sorrow. We often do things for the sake of others, even though it is difficult. And if this gift is not recognized or appreciated we tend to get upset.

I will experience the greatest happiness if I give without expecting anything in return. I have to learn to give wisely. When I give with a pure heart I will experience happiness and make those around me happy too.

Conquering The Emotion Of Jealousy (Part 2)

In the 21st century, there are so many mediums which inculcate the feeling of jealousy in a person. Social Media is one such platform. While Facebook and Twitter rule the roost, commonly people wonder - *How does he get so many likes? How is she so good looking? Again a check in! His life is so eventful.* You never know how and when these thoughts start affecting your life, mental peace and behavior greatly.

Jealousy is a complex emotion, which often stems from insecurity or a fear of losing control. Everybody expresses and handles jealousy in a different way, but certain universal techniques can be used to help conquer it. **Being aware of jealous feelings is the first step towards keeping it under control.** Also conquering jealousy requires an honest conversation about how you feel. It's far healthier to talk about your negative feelings than to reveal them through your actions. The more you communicate with them, and seek reassurance the more your feelings of jealousy will subside.

Hold a strong and determined belief inside yourself that jealousy is an emotion you will never face. Your idol or perfect self just doesn't deserve the existence of the emotion. For instance, if you have an acquaintance of yours who is extremely smart and good looking and sometimes you envy her. That is the time when you need to firmly tell yourself that this is just not your perfect self. You can't feel that way. Take a few minutes to **stand back** mentally from the person. The next step is to **observe** your thoughts as if you were an onlooker or a detached observer. Being as silent as possible, ask yourself as if the thoughts you are having are the ones you wish to keep, if they are going where you would choose them to go. In the resulting silence, **steer** (change direction) your thinking to where you want it to be; perhaps to personal affirmations (positive thoughts) you use to establish yourself on your seat of self-respect. The affirmations can be: ***I am aware of myself as a special person with my own unique specialties*** or ***I am aware of myself as internally rich, full of many invisible treasures*** or ***I am aware of myself as a content being and overflowing with happiness***, etc. This technique changes our attitudes and feelings and influences us positively.

(To be continued tomorrow ...)

If your mind has any limited desires, they will not allow you to become content.

When you are walking in the sun, your shadow goes ahead of you and if you try to catch it, you won't be able to. When you turn around, your shadow will follow you.

In the same way, desires attract you and make you cry. Let go of them and they will follow you. Those who ask for something can never become full and complete. To chase any limited desire is like trying to catch a mirage.

Message for the day

To recognize the uniqueness of my own personality is to be free from negative influence.

Expression: The one who is aware of one's own uniqueness is able to create a strong influence on others of his own personality. So, such a person is not negatively influenced by anyone's personality traits. Even when there is a person with a very strong personality, he is still able to be free from negative influence.

Experience: When I am able to recognize and use the specialities that are within me, I am able to remain powerful within. In all circumstances and with all people I experience this innate power. Because I am constantly in touch with my own specialities, I am able to be light and happy.