

Daily Positive Thoughts: June 20, 2014: Seeing things truly



### **Seeing things truly**

We tend to see things not as they are but as we are. Becoming quiet and simple inside is a first step to seeing things truly.

## Free from Waste

The one who wastes time and energy in gossip or slander has no time for success. All attention is focused on picking out the mistakes and the negativity of others and so there is no attention on learning new things or picking out the positive. Negativity is visible in one's own attitude, words and actions. When I am able to free myself from waste and negative words, I am able to use the resource of my words in a positive and useful way. My words will be for the benefit of all. I would also notice that my words would be filled with the power of positivity and faith, faith in the self and faith in others.

## Self Realization (cont.)

People affected by anger lose their temper and become excited at the slightest provocation. Yet, when the event is over they find peace in going back to their normal nature. The same applies to all the other vices (greed, ego, lust and attachment), which are at the root of all emotional disturbances, strains, tensions and imbalances. This indicates that the vices are not the original nature of the soul.

If the soul thinks about its original nature and does everything with the realization "I am a soul, not a body" its original qualities reappear naturally. They are its basic values. It is worthless seeking them externally. It is like the musk deer running after the sweet smell of musk, unaware that it is coming from its own navel. Peace of mind is the soul's property. It automatically flows from within it once it is soul-conscious.

The soul only has to let its original *sanskaras* become thoughts and keep them flowing. Whatever thoughts are in its mind that is the state it experiences. Soul-conscious thoughts bring peace of mind. Body-conscious thoughts disturb the soul. It is the soul who decides what state of mind to experience. It can either be peaceful, or in peacelessness. It is the soul who has the power of decision. The situation should not dictate to the soul.

## Soul Sustenance

### Are You A Compulsive Complainer (Part 1)?

We live in a world full of imperfections, and, luckily, we are not perfect either. Luckily, because being imperfect offers us the possibilities of learning, change and hope. It inspires us to make an effort and it prevents us from getting bored. However, for the one who complains it seems that the world should be perfect. With such a habit it becomes something natural to think how things should or shouldn't be or could or could not be.

When you complain, your energy and clarity reduce and your unhappiness increases. You don't accept what there is or what is, as it is. Your complaints lead you to criticism and to useless gossip. In these kinds of conversations time and energy are lost and mistrust and unhappiness are generated. Relationships are harmed and then require a good investment of time and energy to get back the lost trust.

Someone who complains regularly expects the world to make them happy and the Universe to dance to their music. As things are almost never as they want, they are in a state of constant complaint. They don't realize that happiness comes from within and is cultivated within. They expect situations and others to make them happy. And, as this does not happen, they complain constantly.

The person who often complains feels disappointed and gets discouraged. They feel that they cannot do anything to change what they would like to change. They feel weakened inside.

(To be continued tomorrow ...)

## Message for the day

**With benevolent feelings and good wishes we can free people from worrying.**

**Expression:** When we come across people who are faced with a difficult situation because of which they are worrying, we too usually tend to think about it. Instead of helping the other person to be free from worrying, we too begin to worry. This doesn't help either of us in anyway but only adds to the negativity of the situation.

**Experience:** We need to develop such benevolent feelings for the ones who are going through the situation that the power of our positive feelings will spread to them too. It will act like the light of the lamp, which helps to dispel the darkness around. Only when there is positivity in the mind will they be able to think of some solution.