

Daily Positive Thoughts: May 23, 2014: No coincidence



Nothing is just coincidence; every tree in life's garden bears significance.

Ending The Day In The Presence Of God (cont.)

Inspite of the fact that the Supreme Soul already knows whatever I have done right through the day on a physical as well as on a non-physical level; there is immense benefit in meditating for a few minutes, before going to bed at night. **It is wise that before I sleep, I have a face-to-face meeting with the Supreme and I become a child, become humble, and put my entire day with obedience, transparency, loyalty and love; before the Supreme.** In this stage of transparency, I definitely receive a response from God, which may be in the form of a thought vibration immediately or as soon as I get up from sleep or through some other medium the next day, when I read something positive the next morning or may be in the form of a loved one at home or even a friend or colleague at office, who may become instruments used by the Supreme to communicate with me. **The Supreme Being has His ways of responding to your act of honesty and love of sharing the day's happenings with Him.**

He is the Ocean of Truth and His response will be one which is filled with the light of truth or wisdom which I make use of, to illuminate the path or road of my life. Using this light, I'll find I am helped to see clearly where there has been progress, and where I failed, with accurate judgment, so that I learn. God, the Supreme Companion or Friend or Beloved is with me, wanting to lead me to my destination of perfection. I want to fulfill my side of the relationship with Him, so His light will help me recognize where I must change, and what I must do to make corrections to any damage for which I have been responsible. Where my actions have been positive and right, the subtle blessings of 'well done child' that I receive from Him, will make me aware that the strength behind these actions came from my relationship with Him - He is permanently and was my back-bone right through the day. Then there will be neither worry (due to mistakes committed by me) nor laziness or complacency (due to positive actions done by me), but only love and contentment in my dreams. If I do not surrender the day's happenings to Him in this way, although He loves me and is concerned for me, He might and will most probably remain detached and not guide me in any way.

Soul Sustenance

Resolving Conflicts in Relationships (Part 1)

In relationships, sometimes we feel that the other person is not only a problem but also a source of conflicts. We have to be aware that there always have to be two people involved for there to be an unhappy or conflictive exchange. When we are in any conflict, it is difficult to see and understand the true causes and the real energy of the process of the conflict. **The emotions that arise inside us during a conflict distract us and even blind us.**

In the first place, **it is important to recognize that your response in any situation of conflict is your contribution to the conflict.** The process of responding to any person or situation is something that takes place in you. Nothing can make you feel anything without your permission. If you have been in conflict with someone for a time, for sure, you create **fear** or **anger** towards them, expressing thus behaviors of resistance when you communicate or relate to them. The other person is not responsible for your emotions or for your behavior.

Your experience of conflict and your contribution to the conflict begin in your consciousness and you keep them in your consciousness. It begins with your perception of the other (how you see others). If you **perceive** them negatively you will **think** negatively; you will **feel** negative and create a negative **attitude**; you will **behave** negatively, and so you will **transmit** a negative energy. You don't have to do it like that. Perception is a choice.

When there is conflict there is mental and emotional pain, even physical. Who creates that pain? You! Who creates at least half of the conflict? You! Where do you dissolve it? In your consciousness - in you. Freeing yourself of the conflict is a matter of a decision. At any moment you can decide not to be in conflict. One party has to dissolve their contribution to the conflict, even if it is temporarily, for the process of resolution to be able to begin.

(To be continued tomorrow...)

Message for the day

Patience enables one to easily overcome obstacles.

Expression: Usually, when faced with obstacles there is an urgency to remove it without any proper planning. That means we want to overcome the obstacle without putting in any effort. And when it is not possible, it tends to create impatience and frustration in us.

Experience: It is important to do some internal work to overcome an obstacle. First, it is good to check to what extent there is faith in the self. With faith in ourselves, we need to plan out before we act to remove or overcome the obstacle and we will, then, find ourselves successful.

Being Positive

A person constantly communicates their attitude. When one has a positive attitude, (even when nothing is positive around), there is a change visible because of one's own positivity. There is an atmosphere of positivity and power created where people are able to change too. A positive attitude is created through positive thoughts and feelings. When I am positive I am able to experience my inner power in the most challenging situations. I don't feel helpless because of the situation, but am able to bring out the best from within me. I get the best of everything and am also able to inspire people to bring out the best from people too.