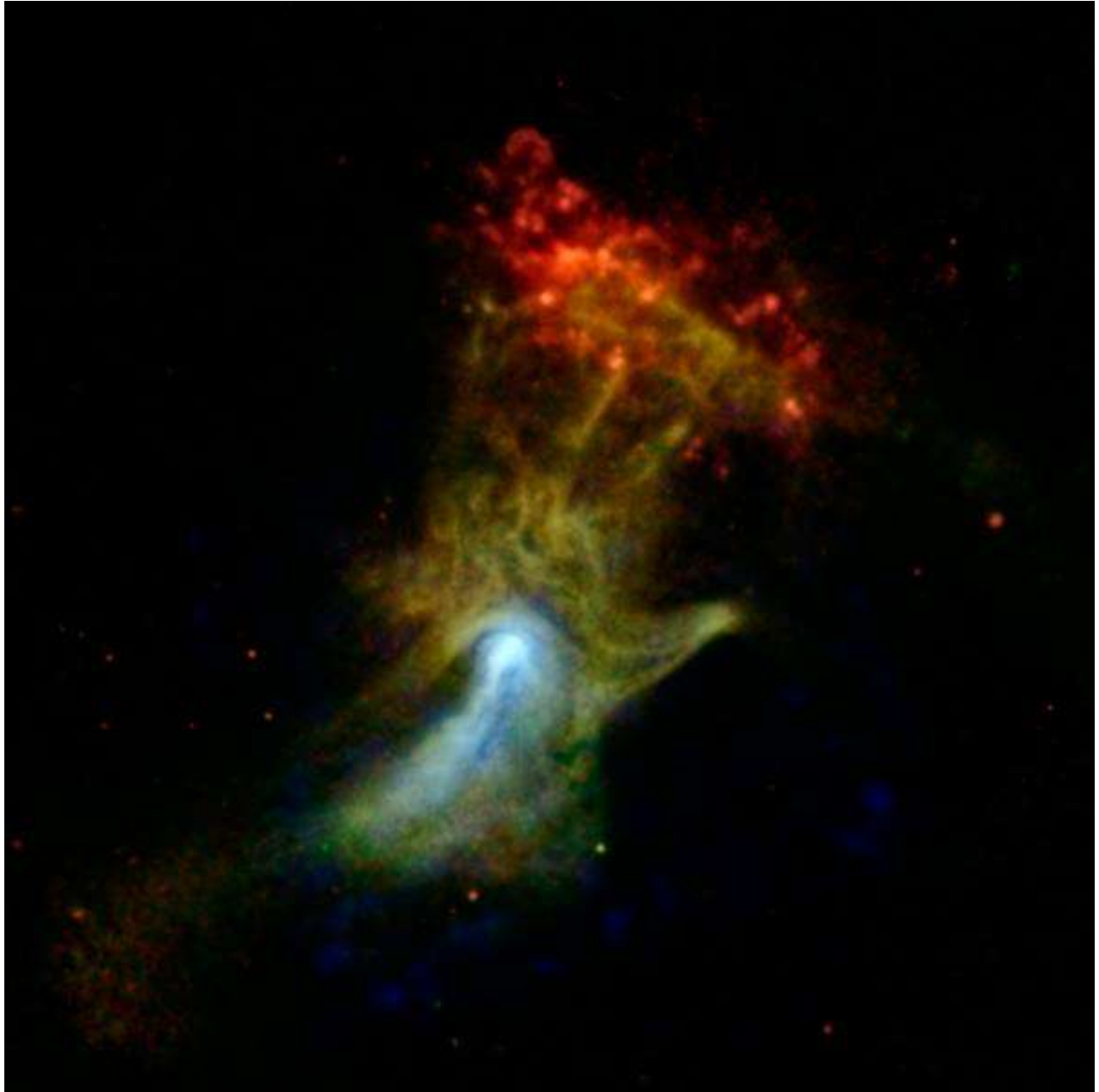


Daily Positive Thoughts: January 24, 2014: Higher Than the Sky



The "Hand of God" Nebula --NASA Captures Pulsar's Cloud of High-Energy X-Rays for the 1st Time

### **Higher Than the Sky**

Keep wearing virtues as your ornaments. Keep loving others. Keep giving regard. You have to go beyond the stars. Keep thoughts higher than the sky, and an abundance of patience like the earth. Keep spiritual love in your eyes.

## **Self Awareness**

The simplest definition of meditation is the 'cultivation of self awareness'. In a media driven age, where information is largely the currency of exchange, most of us spend our lives being aware of everything except ourselves. Even the idea of self awareness can sound pretentious and unnecessary, if not strange. Yet without self awareness we cannot see what we are doing wrong at the levels of our own thoughts and feelings. In fact we cannot even see that it is ourselves and not someone else who creates our thoughts and feelings! When we fall under the illusion that others are responsible for what we feel we condemn ourselves to stressful life as we become dependent on external sources of stimulation and perform our very own award winning performance of The Victim!

## **Transforming Reaction To Response**

In its original form, anger was not anger, not a negative reaction; rather it was the energy of a positive response to people and situations, but the response gradually changed to reaction. When we return to our spiritual identity, we begin to rediscover that capacity to be still, stable or centred, and we are then able to respond positively even to negative situations, or people. With spiritual consciousness, the energy of this negative reaction is transformed into being able to accept, understand and deal wisely and peacefully with whoever, or whatever, is encountered.

In order to extinguish (overcome) anger, one has to use peace and silence, to understand that peace is the original state of one's being; to remember that 'I am a peaceful being' means to emerge the consciousness of non-violence.

Silence, that is learning to put a brake on the mind and tongue, helps us to think before speaking and, as a result, saves us from many confrontations with others.

## Soul Sustenance

### The Art Of Stepping In And Stepping Out In Relationships (1)

For any activity, or relationship to remain peaceful and successful, we must know how far to step in and how far to step out. It is like a gardener who sows seeds at the right time, steps in to plant and water them and then steps out of the picture to allow nature to carry on with her work. However, from time to time, he steps in again to see if there is enough water, if any insects are attacking the plants, if any food is needed. His role is to find the appropriate space for the potential beauty and uniqueness of the seeds to emerge; he does not create the flowers but facilitates their expression. The gardener does not step in too much; that would be called interference. After planting the seeds, he does not demand an immediate result; he does not dig them up next day to see if they have sprouted. He plays his role, fulfils his duty, but lets go because he understands the blooming of the flowers is not dependent on him. Nor does he let go too much. If he did, then the plants would die from lack of care, or the insects and weeds would destroy them. He does not let go so much that he isolates himself from the process. Instead, **by knowing when to step in and when to step out, he creates a respectful partnership or relationship with nature.**

*Tomorrow we shall apply this example to real life relationships.*

### Message for the day

**To move towards perfection is to have commitment for goodness.**

**Expression:** The one who has a desire to move towards perfection is constantly busy trying to add goodness and positivity to everything he does. The aim is not just to keep out negativity but it becomes more important to add positivity. So such a person finds constant progress in his life and slowly moves towards perfection.

**Experience:** When I find little excuses to bring about positivity, I am able to enjoy each and every moment. I never find anything ordinary or waste but everything is meaningful and beautiful. I am able to enjoy the richness of each and everything and discover the hidden treasures in each and every moment. I find myself slowly moving towards perfection.

