

Today's Thoughts: September 02, 2020: Contentment



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## Contentment

To make good use of what you have and to let go of what you do not use, is to live in a contented way.

## **I Am Peace (Part 2)**

**Peace inside is often reflected to the outside. Very often homes and offices which are more orderly normally have people living and working inside them who are more peaceful.** A less orderly place to stay and work in, increases our thought activity. People who are confused easily in difficult situations tend to also ignore their surroundings and prefer living in less orderly environments. So, inner peace and outer peace are connected with each other. Keeping both, the mind and the surroundings full of calmness by using subtle methods for the mind and physical methods for the surroundings makes you stronger inside and increases your ability to keep your thought activity to a minimum. This is required very regularly when there are different types of situations and while coming into contact with people of different personalities. Very often a big group of people in an office can be challenging to work with and can make people even have thoughts of leaving such a group of people permanently when they are not able to cope with different people and their demands. A calm mind, some say in an 8 hour work day at the office, with demanding deadlines and different people with their different ways of working and opinions is next to impossible. At the same time, for some, who have learnt to remain at ease in situations or who have learnt the habit of thinking less irrespective of whatever happens around them prefer working in groups and find it easy to be a part of a group. On the other hand, some lose hope and cannot bear the pressure of that and prefer living alone and with a few people.

**A good leader will be good at managing people well but not at the cost of managing the self and coming under mental pressures, which are the main cause of negative thoughts.** The positive thought activity of a good leader and his peaceful nature directly influences the quality of mind activity of the people whom the leader leads and makes them peaceful.

(To be continued tomorrow ...)

## **Sometimes we can be icy cold, unfriendly and unapproachable.**

Sometimes bitter cold winds blow through our words, and people slip and slide on our frosty intentions.

There are times when we shut down and our ability to love freezes over.

Fortunately this state is not permanent. We can defrost our heart by: being more loving to ourselves, making our self-talk kinder and listening to our emotions.

As we start to warm up, our arctic feelings will melt, frosty behaviour will thaw, and love will flow again.

### **Message for the day**

**One's interaction with others is the biggest test to know what to check and change.**

**Thought to ponder:** How people behave with us is a true indication of what our personality is. If most of the people are being negative to me, then definitely I need to check myself. Because, others become a mirror for us to see how we are. Physically too, most people have the habit of checking in the mirror to see if they are alright and if they are not, they bring about a change. In the same way, other people's response becomes an indication for us to know where I need to bring about a change.

**Point to practice:** Today I will take criticism as an indication of what I need to bring about a change in myself. When someone says something about me, especially if it is repeatedly coming to me from more than one source, I will see what aspect I need to change. I need to first check what really in me is drawing that criticism. Then I need to bring about that change.