

Today's Thoughts: November 02, 2020: Strength to Continue



Strength to Continue

Determination brings the strength to continue, the steadiness to succeed, and the wisdom to slip past difficulties undisturbed.

Rising Above Limits And Mental Barriers (Part 2)

A significant reduction in our success rate in coming out of difficult situations is brought about by confusion or a lack of positive conviction. This lack of positivity is caused by different types of positionings of the mind which are harmful to our power of determination or faith. You know the story about the elephant whose one leg used to be tied using a small rope since the time he was young and he used to experience a lack of freedom in moving around wherever he wished. At that age, the small rope was enough to tie the elephant. As the elephant grew bigger, he possessed the physical strength to break the rope and wander around freely but instead of making use of his strength to break the rope, he did not do so and remained confined to the same small region where he used to be tied because his mind was conditioned that he cannot break the rope, which is an example of a mental limitation. In a similar manner, the inner region of our mind is the place where we as children got used to being tied with the different types of ropes of a lack of optimism or positivity – *I cannot do well* or *I am not good enough* or *I am not as successful as others* or *I am low on self-confidence* or *I am an under-achiever*. These ropes in many people are so strong that even when situations of success have arrived in their life in different forms as they have grown up and they have achieved reasonably in different spheres of life and they can easily break these different ropes, they still remain low on optimism. This lack of optimism restricts their freedom to succeed and ability to achieve bigger and up to the potential they possess and as expected by their friends and people whom they are close to.

The reason why our hidden potential remains untapped in most cases is a weak consciousness and this weakness is caused by emotional limitations in the form of weak thoughts and feelings over the years. These thoughts and feelings have been expressed sometimes without us realizing how each thought and feeling is having a powerful negative effect on the situations around us and coming back to us negatively in the long term. Limits are self-created and not imposed by society or circumstances on us as some of us might think and seem to experience from our life journey. We often say I feel I am weak because the following person has dominated me all my life. The dominating person is not the cause of our low self-esteem but it's what shape we have given to all his words and actions in our minds since we have been with him, is the cause of us seeing ourselves in a poor light and feeling under-confident.

(To be continued tomorrow ...)

Do you track your success by others' achievements?

Instead of thinking, you are less than anyone else, or that anyone else is less than you, be proud of what they've achieved.

Get enthused by others' success and learn all you can from how they got there.

Not that you have to climb Everest, invent the internet or replicate what they've done.

Claim their inner resourcefulness, determination, courage, creativity or whatever else as your own.

Feel empowered by their achievements and let that propel you forward to your own success.

Message for the day

To get a real award, avoid waste and negative.

Thought to Ponder: If there is a long time practice of avoiding negative and waste, I will be able to appreciate fully the gifts of life. This is the reward I get. Also, since I am not sowing wrong seeds, whatever fruits I reap are positive too. Even when life brings different situations, I still am able to receive positive fruits.

Point to Practice: Today I will check my own thoughts at least 10 times today. I will check the quality of my thoughts. If I catch myself having negative or waste thoughts, I will create one single positive thought like "I am the master of my life" or "I choose my destiny with my actions" or simply "I am happy today".