

Today's Thoughts: November 09, 2020: Enjoy Everything You Do



The Four Seasons Garden in England, has been coined as one of the most beautiful home gardens in the world, containing over 3,000 plants in a small space of 9,900 sq. ft.

Enjoy Everything You Do

Most of our time goes into pleasing others and making them happy. Often despite our best efforts we find that people do not appreciate what we have done. When we have tried hard to please someone we feel disheartened and upset. Whatever I do is for myself. When I recognize this fact, I will never do anything just to please others. When I am content with the effort I put in, I will never be dependent on others' recognition of what I have done. When I enjoy everything I do, I will be truly happy. The more contented I am, the more others will start appreciating my effort.

The Energy Of Give And Take In Relationships

Love, more than any other virtue, is an extremely positive energy; it is an invisible prime mover and foundation of each one of our lives, a source of motivation and inspiration. People lacking love in their lives are normally lesser motivated and happier than those who have positive and healthy relationships full of love and an immense amount of love in their lives. **But when the same energy of love, possessing immense positive potential, is negatively focused and is not used correctly, it leads to many dependencies which are negative in nature. How?**

When you love someone, that could be your parents, your spouse, your children, your siblings, your friends, any relationship for that matter; there is a invisible and positive emotional and mental attraction between you and that person which keeps you connected to him/her, but **the moment the love turns into attachment and becomes a dependency, that person starts dominating and controlling your inner world of thoughts, feelings and emotions and your mental and emotional freedom is lost.** It is as if your inner world succumbs to the influence of the other person and you are no longer yourself. Everything that goes on inside you and that comes out of you has an impression of the other. This kind of love is not empowering, energizing and healing, because in this kind of love, over a period of time, desires, wants and expectations from the other start emerging. All these emotions place you in a mental mode of taking instead of giving. **Also in such a kind of love, where love is mixed with a desire to possess, over a period of time you start wanting to control the other.** From this control, you start exercising a power to influence the other. At first you are under their influence. As more attachment builds up, this is followed shortly by your desire to bring them under your submission and influence them. That way, you feel that you have them and that they belong to you. This is love that wants to take and not give. In this kind of relationship of love, there is suffering and sorrow. Even if joy exists, it is extremely short lived. **Unconditional love or love that only wants to give and not take or expect, strengthens and is healing, it never hurts or inflicts pain on the other.**

Adjust unreasonable expectations

Expectations are important. They define our boundaries & ground rules on how we allow others to treat us.

But often we assume others understand our expectations, so when our expectations are not met, we're hurt & disappointed.

To maintain healthy boundaries, learn to communicate expectations clearly & adjust unreasonable expectations.

Message for the day

Accuracy brings perfection and speciality in all that is done.

Expression: To be accurate means to take up full responsibility for every task and do it to the best of one's ability. That means all resources that one has are used in the best possible way for the best result of the task. This naturally brings perfection in everything that is done.

Experience: When I am accurate in everything I do I am able to be free from carelessness and negligence. I find myself bringing speciality and uniqueness in what I do. For having done things with accuracy, I also find myself becoming trust-worthy and I am also able to be satisfied with myself.