

Today's Thoughts: November 14, 2020: Self-Manage



Self-Manage

There is a huge hole in the heart of all our educations. It is where the skills and abilities of self-management should be. No one teaches us how to manage our thoughts, feelings, attitudes and behaviour, so we find it hard to manage the four Rs – relationships, roles, responsibilities and resources. So let's get started. Consciously choose the quality of your thoughts today – accentuate the positive, eliminate the negative and clean up the waste. Everything, which means everything in your life, begins with your thoughts.

Changing Your Belief System To Overcome Feelings Of Revenge

(Part 2)

The urge for revenge and the false taste of victory or happiness related to it can only end when the belief, that others are responsible for what you feel, is seen as a false one. Only when you take full responsibility for whatever thoughts and feelings you create will it be possible to end the anger and the hatred that seeks revenge. **When someone hurts me, I create a negative image of myself and the other person in my mind's eye, in different ways. I see myself and the other in a negative light, myself as a victim and the other person as a victimizer. I need to stop doing that and see myself and the other in a positive light, in the same light as before, irrespective of the negativity that the other has radiated to me.** When we do that, we will stop pointing the finger at others for whatever hurt we may feel. Only when it is fully seen and accepted that someone can hurt or harm my vehicle, the physical body, but not me, the controller or driver of the vehicle, will rage and the desire for revenge stop existing inside my consciousness.

When I start seeing the person who has committed some negative action which is projected towards me, with an innocent, unbiased, untarnished vision, hatred will be transformed into love and compassion for both, me and the other person. Then it will be possible to be totally free of all judgment, criticism and any desire to seek justice and take pleasure and experience victory when justice is delivered. Only then will it be possible to rediscover true happiness in life, because as long as there is even the slightest trace of an urge to seek revenge for what someone has done to me, and the desire to experience the false happiness which is experienced when such revenge is delivered; both of which, the happiness and the revenge, are forms of subtle violence; true everlasting and deep peace, contentment and happiness can never be experienced.

To be a giver is to understand others' needs and give accordingly.

When there is a conflict, it is easy to expect from others. But, the other person too is expecting from us. Instead, it is important to make an attempt to understand what the other person needs and provide accordingly. For this, I need to be full too. So, I need to ensure that I constantly recharge myself and replenish my inner treasures. Today I will contribute. Whatever is missing, that's what I choose to contribute. If someone is lacking peace, because of which he is shouting, I need to contribute peace. I don't depend on the external situation to get what I have to but I delve within and find what I have to. This helps me contribute what is required.

Message for the day

To understand is to be open to learning.

Thought to Ponder: When someone says something that I don't like, I usually see the other person's negativity and continue to find fault with him. This is usually because I am not able to understand the particular situation.

Point to Practice: I need to recognize the fact that people in my life are there for a reason and I can learn from everything that happens through my interactions with them. Recognizing this fact will stop me from blaming others and start using each lesson for my own personal growth.