Be Aware

The foundation of all spiritual growth and personal development is the awakening of self-awareness. Most people however are not yet self-aware, and the majority of those, are not aware that they are not aware. Self-awareness is easy and begins with simply taking a mental step back, and observing your thoughts, feelings, attitudes and actions. Whenever you do you learn about our self and the basis of personal change and growth is always learning. Step back, what do you see, what enters your awareness? What does it tell you? What does it show you about yourself? Don't judge it, just see it. Don't run away from what you see just watch it. Accept it. Allow whatever is happening within your thoughts and feelings just to be. And suddenly you will find that inner peace which surpasseth all pleasure.

Changing Your Belief System To Overcome Feelings Of Revenge

(Part 1)

It's worth wondering, what I need to change inside my belief system so that no feelings of revenge exist inside me for anyone irrespective of what someone has done to me. When someone harms me or insults me in any way, what is the belief that exists inside my inherent belief system that causes feelings of revenge to emerge inside me in the first place? It is the belief that *whenever someone does something negative to me, he hurts me, he is the victimizer and I am a victim.* **I need to change that to – *no one can never hurt me, but it's what I do with someone's negative actions, what shape I give the negative actions inside my mind, that causes me hurt, the choice lies with me.***

Two people will do two different things inside their minds with the offensive or negative actions of a particular person – one will create feelings of anger, hatred, sorrow, etc which will give rise to the desire for revenge; the other will create feelings of peace, love and good wishes which will give rise to only forgiveness, with no room for revenge. In other words, **two different people will respond in two different ways to the negativity of the *so called* victimizer, depending on their belief system, their inherent personality or nature, their experience of similar negative actions in the past, either committed by the same person or by other people. All these factors will shape their perception of the other's actions and the self.** One will see the other or perceive the other as the victimizer and himself as a victim and another will not identify the other person with his negative actions, but will instead focus on his inherent positive nature or positive aspects of his current personality and will also remain unaffected himself.

(To be continued tomorrow ...)

To check accurately and change instantly is the method to win over weaknesses.

In any given situation, if I am having negative thoughts, it means I need to bring about a change in some way. So, I need to check accurately, what in me needs to be changed to see things in a positive way. Once, I do this checking, I also need to work on bringing about a change instantly. That is how I move progressively towards removing my weaknesses. Today I will look within and see what the real cause of my weaknesses is. The source could be jealousy, inferior feelings, comparisons, dominance or any other weakness. So, today I am going to find out what aspect in me people are not comfortable with. And today I am going to work on changing that.

Message for the day

The method to bring about a permanent change is to bring about newness in thinking.

Thought to Ponder: To bring about a permanent change for the better means getting the mind trained to new ways of looking at the same situation. Only with this new understanding will there be a new response. Trying to bring about change in a superficial way will not bring about a long-lasting change.

Point to Practice: When I train my mind to think creatively I'm able to keep my mind busy. In this way I'm able to free it from thinking negative and waste. Also I find myself enjoying every scene that comes in front of me and I also find myself constantly progressing.