

Daily Positive Thoughts: October 18, 2013: Ask



### Ask

Ask your heart, do I have pure positive feelings for everyone, including myself?

## Conflict Resolution

Too often we focus on the 'enemy' rather than understanding the underlying causes of conflict. Our old beliefs and thought patterns can be both a block and a limitation. If we as individuals accept personal responsibility and recognize that the source of conflict is internal rather than 'the other' - then the possibility of resolving conflict comes back into our hands. This is a great relief and very empowering.

### The After Effects Of Anger

If realized deeply, it's alright to conclude that anger destroys. If it doesn't destroy our physical body (that too it manages to do in the long term), it definitely destroys our capacity to be creative. And after all the very purpose of our life - is to be creative. So in short, anger deviates us from reaching our very purpose of life. **Anger is never every good for health - mental or physical; never ever positive or empowering and never ever allowable or justified.** Many authors of self development books, philosophers, psychologists and experts on the human nature have argued that anger is a natural, biological and psychological response which is an integral part of human sanskara and life. While this can be respected as a point of view, it is not at all true.

From a spiritual perspective, which means a view based on the absolute truth because the word spiritual means that which is the truth, anger is never ever natural or beneficial. While we are all used to getting angry, each one of us to different extents; on a little introspection, we will realize that **it drains us out and is counter-productive.** Anger is an absolutely unwanted emotion if we want to live a peaceful, contented and blissful life. **It totally destroys the ability to create meaningful and deep relationships based on trust and respect and brings the efficiency of our actions, performed at the workplace, at home or anywhere else, down.** If we believe in the necessity of anger, we need to stop for a while and reflect deeply and see if we can see how it is a huge obstacle to our own contentment and fulfillment, and how it negatively influences the contentment and fulfillment of those around us.

## Soul Sustenance

### The Faculties of the Soul (cont.)

The **intellect** is used to assess thoughts. This is the faculty (energy) of the soul used for understanding and decision-making which stands out as the most crucial faculty of the three. With the deepening and broadening of the intellect, clear understanding and realization of knowledge becomes natural, and the power to decide and reason becomes clear. It is the intellect which remembers, discriminates, judges and exercises its power in the form of will-power.

**Sanskaras** is a Hindi word which best describes what we could call impressions. They are the record of all the soul's past experiences and actions. Sanskaras can take the forms of habits, talents, nature, personality traits, beliefs, values or instincts. Every action performed by a soul either creates a sanskar (this is how a habit begins) or reinforces an old one. Whatever impression is etched in the soul remains within the soul, forming a complete collection of all the experiences that the soul has had. When we speak of defects, specialties or virtues we are referring to the sanskaras. The sanskaras are the basis of the soul's individuality.

## Message for the day

### To be a master is to be able to experience freedom.

**Projection:** Usually whenever things go wrong we find ourselves caught up with our own weaknesses. We give in to them and find ourselves totally bound. This, in turn, makes us feel heavy as we feel helpless. Then we will never be able to overcome them.

**Solution:** We need to remind ourselves of our own powers and the fact that our weakness is our creation and we are the master. The more we remind ourselves of this, the more we will be able to experience freedom and use these powers.