

Daily Positive Thoughts: December 28, 2013: Moment to Moment



Artwork- Kinuko Craft

Moment to Moment

If I make this moment happy, it will increase the chances of the next moment being happy also.

Experiencing Perfection And Success In Role Playing

Spirituality gives me the detached realization of being pure consciousness. This realization not only detaches me from my physical body, but also detaches me from the different roles I play through my physical body (male or female) and the different acts or scenes in each role, in one particular day or one particular lifetime. The roles may be many, the acts and the scenes may be many, but I am the actor playing the different roles and participating in the different acts.

There is great strength in experiencing myself as an actor as compared to the previous existence in which I used to lose myself and forget my spiritual identity completely while playing the different roles, identifying more with the roles and thinking myself to be the role instead of being a spiritual actor.

An actor, even while in the midst of the most dramatic scenes, even whilst getting excited or emotional or angry, knows he is not the part itself, the part is just temporary. He knows he is something more than that, and that when the play is over, the role will not exist anymore.

So, even though I *play* my role, I don't cut off myself from the role and don't leave my responsibilities, I need to adopt the *observer* or *spectator* or *detached* consciousness instead of the *player* consciousness. A player tends to get over-involved. So, the balance has to be maintained - I *play* as well as remain detached. Only then the roles will be played to complete perfection and I will experience success in each role.

(To be continued tomorrow ...)



Flexibility

The one who does not expect from others, but is able to give others from whatever resources he has, is the one who is flexible. Being flexible means to be able to recognize the other person's value system and molding oneself according to it without losing touch with one's own value system. When I am a giver, I do not expect others to change according to my value system, but am very easily able to find a way to adapt to the other person's value system. I never expect from others to understand me, but am able to understand others. So there is never any feeling of negativity for anyone.

Soul Sustenance

The Law of Expectation

In our relationships with others, it is good to want the best: "I hope you do very well, I am sending you my positive energy and this is my way of encouraging you and giving you courage. However, if you don't achieve what I think you are capable of, I will not feel frustrated. I will not be dependent on you satisfying my expectations, but I will always want the best for you."

If you have faith and confidence that something will happen, it is a prophecy that must come true. The expectations we have of someone, whether negative or positive, do have an effect on the person we are relating to.

Many investigations into this question confirm the influence that the expectations of educators have, both in the performance and in the behaviour of their students. Everything points to the conclusion that the teacher's expectations form one of the most influential factors in the academic performance of their students. If a teacher expects good results from their students, their performance will be much closer to their real capacity than if their teacher is expecting poor results.

Message for the day

To make use of situations in a positive way is to experience constant progress

Expression: Each and every situation comes with a hidden blessing – a hidden opportunity. It of course brings challenges, challenges that could bring out the best potential from within. But the one who is caught up with only weaknesses never gets a chance to use these challenging situations as opportunities. On the other hand, the one who uses his potential is able to be from his weaknesses also.

Experience: When I am able to use all situations as opportunities to recognise and use my inner potential, I am able to be free from the influence of my weaknesses. This freedom gives me the ability to enjoy this moment without filling the mind with unnecessary doubts and questions. It gives the ability to bring about progress in my life, whatever the circumstance may be.