



Anyway

People are often unreasonable and self-centered: Forgive them anyway. If you are Honest, People may cheat you, but be Honest anyway. What you spend years building, someone could destroy overnight. Build anyway. The Good you do today, People will often forget tomorrow. Do Good anyway.

You see, in the final analysis it is between you and God; it never was between you and them anyway.

Change

When you do not upset yourself thinking about how others must change and instead you concentrate on your own change, good things start to happen. You will feel better about yourself. And you will start to have positive feelings towards others and start to understand them. Others start having a more positive attitude towards you.

The Circle Of Influence And Worry

Make a list of the things that worry you most and decide if they are in your circle of influence or worry. Think about what you can really do to have an influence on each of them in an effective way. By determining which of these two circles is the centre around which most of your time and energy revolves, you can discover a great deal about your level of positivity. Positive people focus on the things they can do something about. If necessary, they change their attitude. They are aware that perhaps they cannot change the circumstances but they can improve their inner attitude. This is what positive focusing is all about: being creative, thinking differently, being open to listening, being more understanding, more communicative and showing more solidarity.

Reactive people focus on the problems of the circle and on the circumstances about which they have no control. They react to the defects found in other people. From this worrying, accusations, destructive criticism, feelings of blame, a reactive language and feelings of weakness and frustration can arise. They want others or the circumstances to change first and when that happens, then they will change. Whenever they think that the problem is on the outside, this thought is the problem. The negative energy produced as a result of this approach, combined with the lack of attention to the areas in which they could do something to improve the situation, means that the area of influence decreases in size. They give power to what is external so that it dominates them. In other words they think that change must come from "outside towards the inside"; they think that something that is outside must change before they themselves change.

Soul Sustenance

Stepping Inside ... (cont.)

When we learn to become silent we become more compassionate (generous) in our outlook and start accepting others for who they are.

The more we are able to accept, the sooner we find that there is harmony (peacefulness) in our relationships. We start saving energy, sparing or reducing our thoughts and our words. This is accompanied by more patience, tolerance, flexibility, easiness and lightness. Silence teaches us the art of living. Silence can be misused to isolate oneself and go into loneliness, but **true, positive silence gives us a balance between our inner and outer worlds.**

Having explored our inner self we collect our positive energy, become aware of our qualities, and then very naturally these are expressed externally. **We move our concentration to the inner self and then to the external world. Then we go inwards again. It is a circular movement.** As we go into silence, we recharge our inner energies, become one with the self, heal our self, relax and release our self from negativity. There are so many benefits by simply stepping inside to meet our true self. As we draw out our internal riches and resources, what do we do with them? We share them and give them out and in doing this we receive and we learn.

Message for the day

Knowledge and faith bring the ability to be positive

Projection: Whenever things don't happen according to what we expect we begin to look at everything negatively. We are caught up with the negativity to such an extent that we are not able to find anything that might be positive in it.

Solution: We need to understand and develop the faith that behind everything seemingly negative there is something positive. It is up to us whether we want to see positive in negative or negative in positive and be influenced accordingly.