

Daily Positive Thoughts: December 10, 2013: Smile



## Smile

When I smile, not only do I feel happy, but also I bring a ray of light into the lives of others

## **Enthusiasm**

Without enthusiasm life becomes a dry and tasteless experience. Anyone can become enthusiastic for a little while but to keep enthusiasm steadily flowing through our life is a great art. The secret is remarkably simple; live in a state of appreciation; appreciate the special qualities within everyone; appreciate the wonder of nature and give thanks to the cycle of life and everyone's contribution to it. Enthusiasm is infectious, especially when it is based on an appreciation of, and love for life itself.

## **Understanding And Expressing Your Potential**

A free being is the one who recognizes their potential; they care for it, nourish it, use it and express it. It is an awakened being. It has stopped blaming, complaining and making excuses. It has taken on its full responsibility and has an attitude of gratitude at each moment. It is a relaxed being, but it does not get too comfortable in comfort zones or laziness. Out of peacefulness and spiritual strength, it rises above beliefs that limit their potential to grow and shine.

Its energy is full of love, courage and determination. It is a concentrated energy that governs their mind and emotions; it is not distracted by the unimportant, it does not lose sight of the important and does not allow itself to be trapped by anything or anybody. Therefore, their energy is fully centred and has great power. Not the false power that comes from stress, adrenaline, pride and ego, but rather the power that arises from a being whose conscience, decisions and actions are aligned. From a being that knows that nothing or nobody can prevent it from being free and express their full potential.

A free mind is a mind without limits, open to everything and closed to nothing. It is a mind that clings on to nothing and, because of this, is relaxed with everything. A mind is closed because it gets stuck on something; it is blocked by fears or disturbed by worries. A person with a busy, closed and clinging mind will get disturbed, they will fluctuate, they will lose their emotional stability and they will be easily offended. This

doesn't happen to a person with a free, open and relaxed mind because they never lose sight of the true meaning of who they are.

(To be continued tomorrow ...)

## Soul Sustenance

### Experiencing And Maintaining A State Of Contentment

**To reach, experience and maintain a state of contentment or fulfillment you have to first realize what true freedom is and then learn how to use it so that it strengthens you and also helps you to achieve the full potential of your individual self.**

Freedom is the key to contentment. You also need to check what brings you close to the state of fulfillment and what takes you away from it. **Fears** of different kinds are one of the main obstacles in experiencing contentment. Any **weakness, inability to apply any virtue or spiritual power** required in any situation, **lack of focus, inner instability, etc.** will cause a leakage of the energy of positivity that is required to feel content.

Free yourself of any personality trait that hinders your progress and does not allow your inner being to manifest itself and express itself with all its potential. To live in contentment, you should be in charge of your inner mental and emotional world. If not, you will only be able to experience temporary periods of fulfillment.

**To achieve fulfillment you not only have to have inner control, but you also need to check whether there is any door open to allow any weakness to enter the room of your personality.** Because if you strengthen yourself on the one hand and on the other you are weakened, you will never reach the desired state of inner power. E.g. you keep a bucket of water under a tap of water. If it has even a single crack, however much water you pour into the bucket, it will never get filled completely. In the same way, this can happen to you. Because of this, you need to check, which cracks are present in your personality through which there are leaks of energy, because of which your efforts to become content do not give you the results you hope for.

## Message for the day

**To be a master means not to be cheated by one's own weaknesses.**

**Expression:** When there is any weakness working within me it means that the internal power is not working at that time. To be a master means there is total control over all the internal powers. Whether it is the power of concentration, or the power to decide or the power to be stable, whatever power is required is used according to the right time. So no weakness is expressed but only inner strength is revealed.

**Experience:** When I am able to use all my powers at the right time, I experience mastery – over situations and over others. But most of all I find that I am a master of myself and my own feelings and emotions. I am always in control of my emotions, however challenging the situations outside may be. So I find that I am never cheated by my weaknesses.