

Daily Positive Thoughts: November 27, 2013: Sweetness



Artist: Daniel Ridgway Knight 1839-1924

Sweetness

Sweetness looks for the good in things, for at its heart is the conviction that good is somewhere there in everything.

Inner Stillness

We can make quick, good decisions when we learn from experience, i.e it is based on wisdom. We learn when we're willing to see from different perspectives. When our mind is peaceful, we're able to see the various perspectives and options. With peace, there's clarity of mind. We also need patience and it has nothing to do with being slow or taking a long time. Real patience is achieving that point of inner stillness and seeing the whole picture. It could take only a moment but you have to give that time to yourself. It means working with time and others.

Increasing Your Potential

Fear is an experience where there is anxiety, inhibition (suppression) and mistrust. Fear can lead us to aggressiveness and pessimism (a negative mindset), to depression, to illness, to defeat, to a lack of meaning in existence and, eventually, to death.

When we do not have faith in our own capacity to resist pressure or difficulties, we feel insecure, and from insecurity the doors are opened for fears to enter. Sometimes, out of a lack of experience, self-knowledge or personal development, we are not aware of all the inner resources that we have. For example, if you do not trust your capacity to float in water, you drown. The body's density allows it to float automatically. Through not believing it, not knowing, or even knowing, when you panic, your strength to resist is reduced, your breathing becomes shallow and you may drown.

We have many inner resources to be able to survive in times of crisis and many resources to live positively in times of change. We simply have to discover them, recognize them and use them with trust. Spirituality helps us in doing that.

Soul Sustenance

Positive Consciousness

The habitual way in which you use the house you live in and its contents are all affected if you use them in a positive consciousness (mental state). The result is purification while interacting with the physical object, so that when the object is in use, it fulfills its function accurately, and it has also undergone a permanent change.

This can happen when you are cleaning the house, cleaning any object in the house or preparing objects for a particular purpose. If such actions are done in a positive consciousness then the physical object will have such a vibration of peace and purity that no harm can be done with it and whatever action it is used to perform will be successful. Any other soul who comes into interaction with those objects will also feel the affect of their pure vibrations.

If we perform each action with the physical body in a positive consciousness, then the physical body gets purified and we can become free of illnesses.

In our relationships it is the same principle. First there needs to be that detachment in relations. Secondly, when there is a positive consciousness, I will find that my interactions have a purifying affect on all that I relate to and I can bring benefit to everyone I meet.

In this way a positive mental state enables all actions to be successful, whether at work or at home.

Message for the day

The method to finish negative is to transform it and make it positive.

Projection: When someone says something that we find negative we normally tend to speak about it to others. Having recognised that it is negative, instead of finishing it we usually talk about it. Without realising that we are only increasing negativity by talking about it we spread it to others. Naturally instead of finishing, it only increases all the more.

Solution: When we find someone with negativity, we need to make effort to look at something positive in that person. We need to recognise the fact that each one is special and has some or the other positive quality. When we make effort to look at the positive in the other person we will be able to finish the negativity in our mind first and will be able to inspire the others to finish it too.