



Artist-Vladmir Volegov

Appreciation

Even if I don't mean to be critical, I often unconsciously home in on others' weaknesses and mistakes. The more I develop the habit of noticing goodness and only holding onto the good in others and in situations, the more my own sense of well-being will rise. When I continually think, "He/she is wrong", I create a barrier that prevents me from reaching my own goodness.

Special Consciousness

As is the consciousness, so is the feeling behind the task, and so its quality. Just to perform action and finish the task is not enough to bring specialty and accuracy. When the consciousness is special about the self and the task itself i.e., a special thought is given before every task, there is specialty revealed in the task. When I am able to start each task with a special consciousness, like "I am victorious", or "I am powerful" or "this task is for the benefit of all", I am able to experience the specialty of doing the task. I am also able to increase my state of self-respect, whatever the task or however simple it maybe.

Three Components Of Change

In order to bring about a fundamental (major) change, three elements need to exist simultaneously:

Focus: A clear sense of purpose in life and clear goals to guide your life's activities.

Will: The motivation and enthusiasm to introduce and sustain the actions.

Capabilities: The skills and abilities to fulfill your purpose and goals.

But where do you start? There is definitely a right place to begin and that is with your focus. Why? Because if your focus is powerful and based on a very deep sense of your inner most purpose in life, then that will provide you with the will power you need to keep going. Then if you have a clear driving focus in life and lots of will power to back it up, you will soon develop the skills and capabilities you need to make it happen. You may not have them yourself, but your enthusiasm and passion will certainly inspire others who do have them to join you.

Soul Sustenance

Are You A Compulsive Complainer (Part 2)?

The person who almost never complains has realized that every time they complain they focus on something negative, and the first person to suffer is, in effect, themselves, since it reduces their energy level and they feel worse. The person who never complains accepts what is as it is, what comes as it comes, and what happens as it happens. However, if they consider that something has to be changed, they put their energy into making it happen.

Given below is a clear example of the reaction of a compulsive complainer and of someone who never complains in the face of the same situation:

Two people visit a restaurant for a cup of tea. When the tea arrives, it arrives cold on both tables. The complainer suffers and reacts immediately by making a great complaint to the waiter. He gets into such a bad mood because of the cold tea that it generates a really unhappy feeling inside him. The waiter, of course, gets a bit defensive. The person who doesn't complain does not remain quiet and drink the tea. He calls the waiter and informs him that the tea is cold and asks for it to be warmed. He doesn't get angry or into a bad mood; therefore, he doesn't suffer. He accepts that, at times, such things happen! To inform and ask is not to complain; it is to give feedback and to make a request. The difference between both is the difference between an emotional reaction and a proactive response.

If there is something that doesn't go as you would like it to go, use mental energy to construct, create, transform or solve but do not complain.

Message for the day

Faith enables the creation of elevated fortune.

Expression: Usually there is a tendency to leave things to destiny. When something goes wrong, we blame fate for it. Then we feel the situation to be totally out of our control, which prevents us from taking responsibility for our own life. And we will not be able to work in any way for bringing about a change and improving the situation.

Experience: Instead of blaming fate for whatever is happening, we need to take up responsibility for creating our own fortune for the future. When we have faith in ourselves we will take up responsibility for our own life. We will then be able to work at making our each thought beneficial, contributing to our success, making a better future for ourselves.