



Sweetness

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

Adjustment

Often when we have to adjust to a person or a situation, we experience many negative thoughts.

We find it difficult and tend to feel we are making this adjustment only for the other person's benefit.

To adjust means to understand that nothing can be done to change a situation - it is more sensible to accept it.

I adjust not because it will benefit others, but because I will benefit in the long run. This is like crossing a physical obstacle; I cannot remove it so I have to find a way around it if I am to progress.

Different Thought Types (cont.)

We have explained Necessary and Unnecessary Thoughts in the last couple of days. Today we explain:

Negative Thoughts

Negative thoughts harm you and are not good for you. As well as the impact they may have on others, these thoughts disturb your peace and weaken your inner strength. If these thoughts occur on a regular basis, they can cause health problems, both physical and mental. They can even become destructive.

Negative thoughts are based on the five vices primarily - lust, anger, greed, ego, attachment. They are chiefly caused by selfish and harmful reasons, without taking into account the values and inner qualities of the person.

* If he speaks to me again in that way I'll beat him up (rage), * I think they should pay me more without having to do any more work to earn it (greed).

Negative thoughts also arise from unsatisfied expectations, in disagreements, in laziness, vengeance, racism, jealousy, criticism, hate and an excess of power.

* My boss never appreciates my work but he always values my colleagues more (jealousy). * An eye for an eye, a tooth for a tooth or * He who lives by the sword, shall die by the sword (vengeance).

(To be continued tomorrow

Soul Sustenance

Freedom from the Dependency on the New (Part 2)

In the market, there always appears the novelty (newness) of the same product wrapped differently. There always seems to be a new soft drink, a new kind of chocolate, but they are really the same products as always. The only thing that changes is the packaging and their image. Some children, whenever they go to the market, want the new kinds of biscuits, pastries, etc. They always want new things that then stay in the fridge. We encourage this by telling little children that happiness is stimulation, the new is stimulating, and comes from the outside or you get it from the outside. We create an addiction to the new; in this case, to the newness of the packaging. What kind of newness is that!

When, in order to be happy, you need to go shopping, you try to fill yourself with something that isn't you. You try to find wholeness by filling your life with material things. A soul who is spiritually awake knows that they are already complete and they do not need to depend on the purchase of something new regularly for feeling full internally. The only effort is in remembering and reconnecting with their whole self, their complete self; reconnecting with their inner treasures of spiritual wisdom, virtues and powers.

Message for the day

The method for easy progress is to claim the blessings of all.

Projection: Sometimes we find ourselves making a lot of effort and putting in a lot of energy for getting something done. Yet we find that the results are not according to the efforts that we have put in. We then begin to wonder it happens so.

Solution: To be able to give happiness to those around is to increase the speed of my progress. For this I need to pay special attention to keep giving happiness and not giving sorrow to those around me. This brings me their blessings and these subtle wishes bring me happiness and success easily.