

Today's Thoughts: April 12, 2020: Patience



Patience

Patience is a reflection of the peaceful mind. My peaceful mind is able to cope with all situations without becoming disturbed and agitated. It calmly accepts the resolution of circumstances and, with this patience acquires the power to deal with all situations.

Applying The Law Of Balance To Anger (Part 1)

We are all very much aware of the law of gravity. It keeps us grounded on the earth. Gravity ensures everything returns to a state of balance. This is the law of balance on a physical level.

The law of balance can also be applied on a mental and emotional level, to the emotion of anger e.g. **Too many angry thoughts of revenge and animosity (hatred) inside our consciousness can emerge in two ways:**

a) either externally as toxic, violent behavior, which will attract toxic, violent responses from others, **or**

b) if these thoughts are kept bottled inside, they will eventually, after a period of time, emerge as some disease or the other in the physical body. This is because our consciousness then tries to find a way to get rid of the mental impurity, which enters our physical body and restores balance to the mental and physical system, which has been upset due to the creation of the toxic thoughts, in the first place.

The above e.g. is an application of this law on a micro level. We can apply this law of balance on a macro level, on the world at large, where we watch groups of people, even countries exchanging negative energy. We shall explain that in tomorrow's message.

(To be continued tomorrow...)

Being Perfect

Perfectionism at its best leads to excellence and great results. But too much perfectionism is not so perfect! It often leads to stress and lower productivity.

So know when good enough, really is good enough and when to use perfectionism in a good way.

Have high standards without setting extremely high standards. Strive to do your best without expecting to do everything perfectly.

Message for the day

A deep understanding and an attitude of pure feelings results in positive thinking.

Expression: When we talk about positive thinking, it is usually just 'think positive' and 'be positive'. But just saying this, either to others or to myself, doesn't help to change my thoughts permanently, in fact usually, not even temporarily.

Experience: Real positive thinking is much deeper than just to think positive. For this I need to understand and see things as they are, without colouring them with my own attitudes. Then I can deal with things in the most appropriate way, having understood everything accurately.