

Today's Thoughts: May 08, 2020:Happiness



Happiness

You are a fortunate soul who realizes that the path to happiness cannot be walked in someone else's shoes. Your happiness fits you alone - perfectly.

Internal And External Attachments (Part 2)

We had explained some common examples of **external attachments** yesterday.

Some common examples of **internal attachments** are attachments to:

- your ideas,
- your beliefs,
- your opinions or viewpoints,
- your memories,
- a certain way of thinking
- a particular virtue/virtues or specialty/specialties,
- a particular power/powers,
- a particular *sanskar/sanskars* - either positive or negative, etc.

Whether the attachment is external or internal, the act of attaching is always internal. e.g. if you attach yourself to your job, you will say *my job*. Your job is something external, but you hold on to it inside you - inside your consciousness.

(To be continued tomorrow...)

Master of the self

Do you have the confidence to turn your hand to whatever life throws up? Or do you only do things when you're absolutely certain you can do the required task? If you wait to be perfect before you try, you'll miss out on many promising experiences.

To master the art of everything:

- recognize your range of interests and abilities
- be motivated to go for it
- ask questions and be open to learning

The art of everything is more than being a jack-of-all-trades and master of none. It is being a jack-of-all-trades and master of the self!

Message for the day

Love creates the right environment for others' positive growth.

Expression: Where there is love, a natural environment for others' growth is created. Love gives the ability to perceive the positivity in others and gives the encouragement to others to bring about that positivity and use it for the benefit of the self and others.

Experience: When I have love for others, along with perceiving their specialities, I am also able to recognize and use my specialities and inner powers more and more. Knowing and using these specialities is naturally for the benefit of those around me. This gives me an inner experience of power which makes me a constant giver and a support for those around me.