

Today's Thoughts: May 30, 2020: Doing Your Best



## Doing Your Best

As you do, so you become. Every action that you perform is recorded in you, the soul. These imprints ultimately mould your character and destiny. When you understand this principle, you will pay more attention to bringing your best to everything you do.

## **Uprooting The Emotion Of Worry From The Consciousness (Part 2)**

In yesterday's message, we had explained how worry is the wrong use of the imaginative capacity of the mind and intellect. On the other hand, **imagining possible positive outcomes or results will have a double effect of not only keeping the negative outcomes away from us (even if there is a possibility of them occurring), but will also attract the positive results towards us.** But to ensure that both these processes happen, it's important not to attach possible negative results to the same, even to the minutest extent, otherwise the probability of positive futures becoming a reality reduces. Worrying is another word for this attachment process.

Worry is a type of mental habit, which arises from the belief that it's good to worry. This belief gets acquired during our childhood. And then it keeps getting strengthened from our life experiences. We start from this belief. That attracts negative circumstances; as a result the belief gets strengthened further, because you think that with life full of so many negative circumstances, it's important to think of negative outcomes beforehand. You don't realize that these negative situations occurred in the first place largely due to this belief. When we are faced with a negative situation, again we worry because we hold that belief. Again it's the same result. In this way, we are caught in a vicious cycle. How do we come out of this cycle? By changing this belief to – *it's not good to worry*. Once we do that, there is no guarantee that negative situations will completely stop arising in our life, because we have performed negative actions in the past (either in this birth or past births), which need to be settled in our present, but the extent of negative situations will be minimized. And even if they do come, they will bid goodbye sooner, if we have a worry-free consciousness.

## A Magnanimous Heart

Follow your spontaneous instinct to give. The heart gives and is full of grace. So, don't just limit your good feelings to just one or two people.

With an open heart, greet everyone with sincerity and love. Make your heart big and silently give good wishes to everyone you meet.

The festive season gives us opportunities to meet up with many more people. If you find that you have negative feelings towards certain people, then take a moment to transform your feelings.

## Message for the day

**To be an example is to inspire people to change.**

**Thought to ponder:** It is not always necessary to correct people through words. When my own actions don't reflect the words that I speak, it will not have any effect on people. They would want to see the change that I talk about in my own actions. Since actions speak louder than words, they are inspired to bring about a change in themselves too.

**Point to practice:** Today I will be an example for others in whatever I do. I will check myself when I find the need to correct someone. I will bring about a change in that particular aspect. Then, whether I see the desired change in the other person or not, at least I am richer for whatever effort I make.