

Today's Thoughts: June 11, 2020: Forgiveness Will Bring Me Closer



Forgiveness Will Bring Me Closer

Why is it hard to forgive others? Usually because we believe that they are 90% to blame for the problem, that I am not as bad as they are. So I start to carry the load of other people's actions. If my ego is too hurt, I will have the sense of correction, of justice: "I know I am right", "That is not fair". But if I start to forgive from the heart, sincerely, then this kind of feeling and attitude begins to dissolve. I remain humble and this forgiveness will bring me closer to others. Then I do not carry regrets or anger, I just let go and remain light.

The I Inside (Part 2)

We all are used to seeing ourselves with the spectacles of others' perceptions which are all based on physical attitudes and clouded by the worldly view. Today, we look at ourselves with a lot of respect for all that we think is good in us and based on what others tell us about us. And then, suddenly someone criticizes us and we become depressed and lose our mood to the other person's perception. All this because we have learnt to identify with things other than the real I. Suppose I identify with what specialties I possess e.g. I am a good debater (speaker) and this specialty has bought me a whole lot of praises from people around me all through my academic career. Over a period of time people start praising you regularly for that and the identification gets stronger. Identification means losing yourself in the object of your attachment so much that you completely forget that this is not the real you. In this case, the skill of debating (speaking) with confidence is a characteristic which I possess, which can easily lose its importance if I don't get an opportunity to express it as I become older or am out of school or college. So, what happened to the object of my attachment with which I identified myself? Suddenly it gets back at me and the same object starts giving me sorrow if the praise that I am used to receiving because of it is no longer available. In this situation, wouldn't it have been better that I shouldn't have attached myself so much to this characteristic in the first place. The more the identification, the more the sorrow experienced.

So, a simple way of not experiencing sorrow in the above case is being happy and feeling lucky for what we possess but at the same time keeping a relationship of detachment with the characteristic of how we express ourselves through our words and deliver our ideas through our voice. **A relationship of detachment means not losing myself in the characteristic but playing my role with it and even keeping a pure pride that I possess the characteristic which can also be called self-esteem, but at the same time not get over-awed or over self-impressed by the characteristic.** That would lead to a healthier relationship with my attainment, which if it is reduced or is lessened by any chance or not praised any more as much as before, it will not harm my self-esteem and give me unhappiness at any point of time.

(To be continued tomorrow ...)

Life is all about choices.

When you cut away all the junk, every situation is a choice. You choose how you react to situations.

You choose how people affect your mood. You choose to be in a good mood or bad mood.

The bottom line: It's your choice how you live life.

Message for the day

The power of silence can bring peace to any situation.

Thought to ponder: The instruments for the power of silence are pure thoughts and pure feelings. You can give others an experience with the power of your silence. When you understand and experience the power of silence you will become more powerful. You will then be able to experience peace that you will be able to spread to others too.

Point to practice: When you have to correct someone in any situation remind yourself that words will not work but silence based on pure feelings and love will surely work. When you accept the person as he is with love you will be able to bring about a change in him. Remember that the lesser you talk the more the peace that is created.