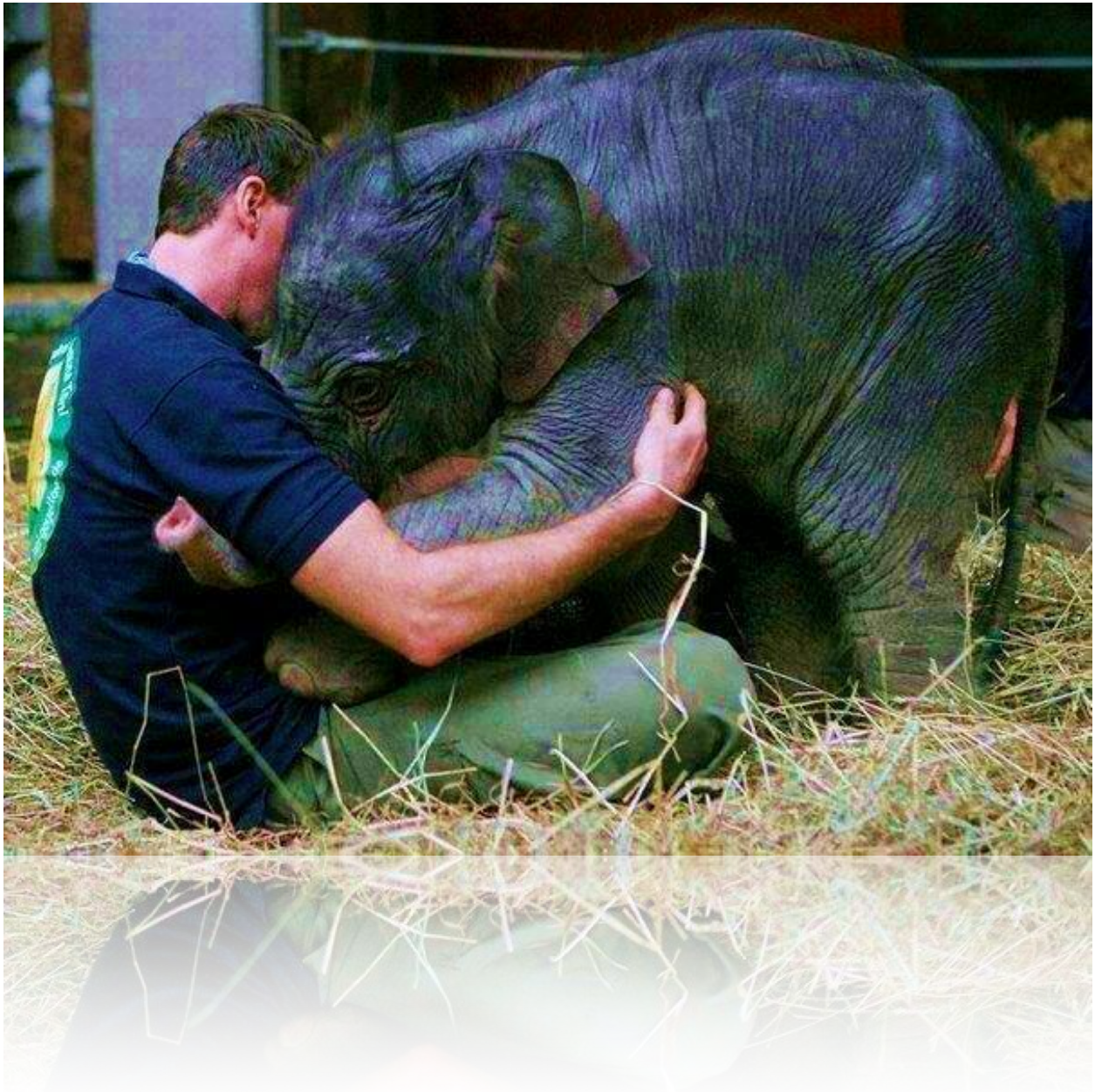


Today's Thoughts: August 13, 2020: Your Vision



Your Vision

When someone's feeling low, you can help them restore their self-belief by keeping a firm, clear vision of their goodness and what makes them special.

Crossing Negative Situations (Part 3)

In order to have a wider perception and not to drown in any negative situation i.e. not to get affected by it, you can position yourself in a positive way. **Instead of losing respect for the self and developing a negative consciousness, if you make your consciousness positive and stabilize yourself in respect towards yourself, in maintaining your positive and powerful self-esteem and a healthy distance (not necessarily physical distance, but rather by not letting the situation absorb you), you will be able to have an eagle's vision. From above, everything looks smaller. It is easier to get over something small. You can. *I am a victorious soul* or *I am a destroyer of obstacles* are examples of positive consciousness.**

Whatever happens, it is important to always be aware that you create your thoughts and you allow the situations to have greater or lesser impact inside you, according to how you see them. Learn to create thoughts full of courage, trust and determination. Spirituality and the practice of meditation helps you do just that. Those thoughts, charged with positive energy, will help you to allow each situation to pass; to really overcome it and leave it behind; for it not to remain alive in your thoughts or in your memory.

With the power of a mind that creates thoughts full of good energy, wherever you go, you will create a pleasant atmosphere. Your vibrations will create spaces full of beauty, love, trust and peacefulness; spaces where all those who enter will remove their masks and will connect again with their true self.

ME & WE

Turn "me" upside down, and you go from 'What's in it for me?' to embracing a broader perspective of "we."

When you focus less on 'me', and more on 'we', you're able to collaborate and engage with others to accomplish something altogether better.

As a result, you leverage both your personal talents and relationships to a greater success.

Message for the day

To be powerful is to have the ability to withstand negativity.

Thought to ponder: When there is power within, I am able to respond in the right way to situations and people. I will be like a hard rock which doesn't allow any water to go within. On the other hand, if I become like a sponge, I will absorb a lot of what others are giving me. If I continue to absorb others' negativity, I would find myself becoming negative too. Since I am taking, they too would continue giving me.

Point to practice: Today I will be strong. I will take a powerful thought that I will keep it with me throughout the day. I am the one who has the power within me to withstand anything that comes my way. When I think this way, I will be able to move forward, learning and discovering something new from within me at every step.