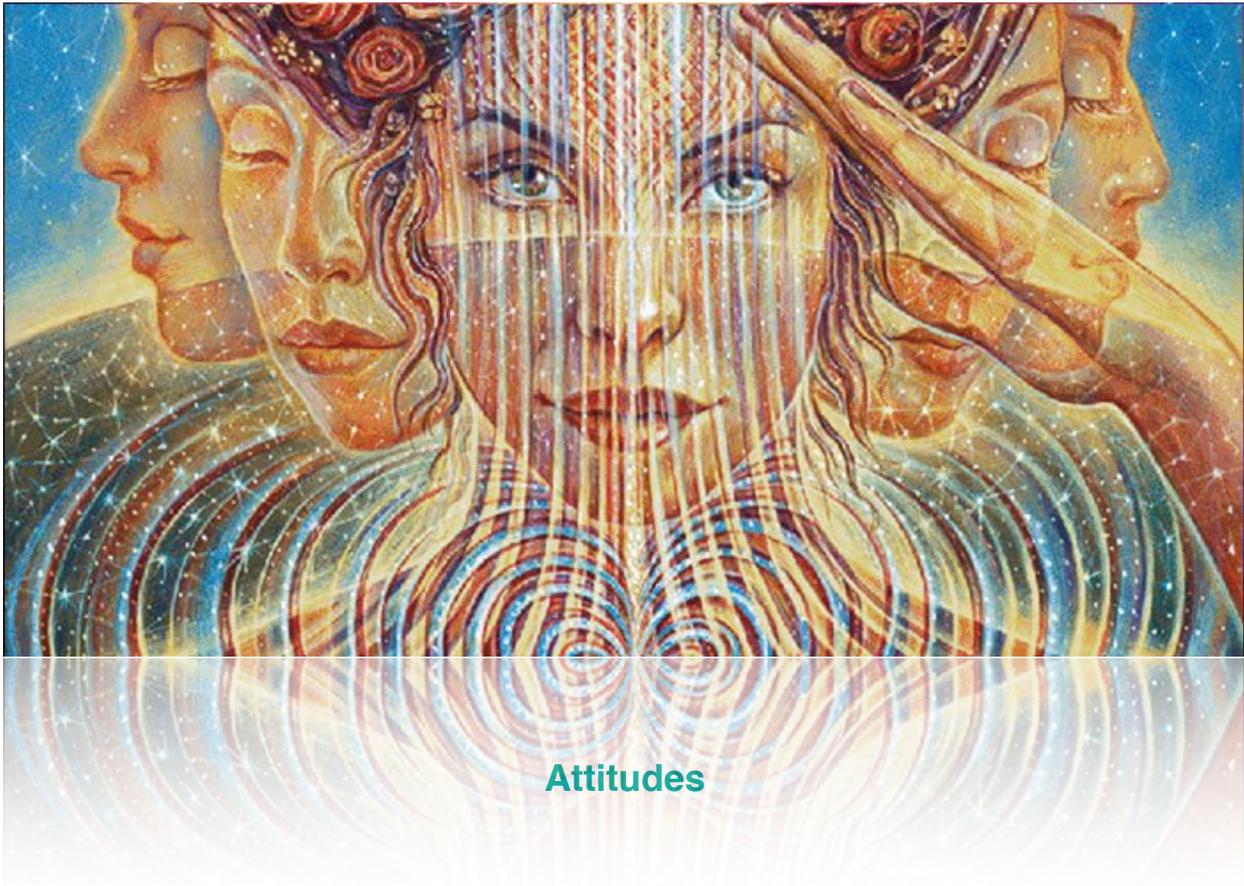


Today's Thoughts: August 03, 2020: Attitudes



### Attitudes

When you extend pure love to everyone with selfless motivation that is an attitude of kindness.

When you send good wishes and pure feelings to those who are in deep sorrow, that is an attitude of mercy.

When you see the virtues rather than the weaknesses in people, that is an attitude of compassion.

When you bless and uplift someone even as they defame you, that is an attitude of forgiveness.

When you tolerate a situation and take responsibility as well as give cooperation even when not appreciated, that is an attitude of humility and self-respect.

Every second, every moment and every breath of your life is nurtured by attitude.

## **Ruling The Kingdom Of The Mind (Part 2)**

"Am I a weak king or a mighty (strong) one?" This is a question that each one of us needs to ask ourselves at the end of each day. Every night, call upon **your ministers - the thoughts, feelings and emotions** in your kingdom court and have a heart-to-heart conversation with them regarding the kingdom and **its people, which are your attitudes, expressions, words and actions**. A court is also held to check the daily report of the behavior of the ministers. As the ministers of a kingdom, so its people (as mentioned above). To keep the kingdom in order, an able (talented) king will train the ministers and its people to react correctly to topsy-turvy situations which the kingdom is exposed to every day, which causes instability in the kingdom. This ability is the power of the king in action.

To train the ministers to respond correctly, a powerful king will, at the start of the day and at regular intervals in the day, give thoughts of power to the mind such as - *I am an ocean of success **or** I possess the all powerful driving force of motivation **or** I can destroy obstacles that try to obstruct my path* coupled with thoughts of peace such as - *I shall not react angrily, but maintain my calm **or** I shall not look at others' actions but keep my focus on my stable stage **or** I shall keep a relationship of outer detachment to external situations as well as inner detachment to internal pressures* coupled with thoughts of love such as - *I am an overflowing source of good wishes **or** I will be forgetful of others' mistakes **or** I shall absorb others' virtues and fill others with virtues* coupled with thoughts of joy such as *I will remain light and give others the same experience **or** I shall spread the wings of enthusiasm and fly high **or** I shall gift a smile and a greeting to everyone*. These types of thought suggestions will in turn positively influence the feelings and emotions, the ministers of my kingdom and my attitudes, expressions, words and actions, the people of my kingdom. **How? We shall explain that in tomorrow's message.**

## **To look at positive in people is to relate to them well.**

Seeing positive in people earns me multiple benefit. One, I will be able to keep my mind free from negativity. Two, for having seen the positive side of people, I will be able to encourage them to use that aspect of theirs when in interaction with me. Three, I will also be able to earn their good wishes as I am relating to them positively under all circumstances. Today I will only have good wishes for everyone I meet. I will take a good thought for everyone dear to me and also for the ones I come into contact with. For today, I will not think negative about anyone. If the thought does come, I will postpone it.

### **Message for the day**

**The biggest service is to ensure that if any one comes to us, they don't go away empty handed.**

**Expression:** When someone comes to me I need to ensure they don't go away empty handed. That is, I need to find something to give them that will make them feel benefitted. Something that will make them feel better. They need to feel that they have gained something from the interaction they had with us.

**Experience:** Today I will have special attention that if anyone comes to me, I will give them something that will make them better. This need not be any physical thing, but it could be an encouraging word, a pat on the back, a solution, a suggestion or even a good wish in the mind.