

Today's Thoughts: September 11, 2020: Moving Mountains



Krabi, Thailand

## **Moving Mountains**

The faith that can move mountains needs three ingredients to work: belief in yourself, belief in others, and the ability to draw on your inner strength.

## Negative Control And Domination In Relationships

In a lot many of the different types of relationships we find ourselves in, may they be our personal relationships or at the workplace, we sometimes feel ourselves to be in a position where we feel we are being dominated and controlled negatively by the opposite person. A very common example of the above negative energy, in personal and non-personal relationships, is when someone gets angry with you and manages to make you react and get upset, they manage to dominate you. Over a period of time they start realizing that they possess an invisible and powerful remote control, using which, whenever they want to control you, what they should do is to get angry with you and that way they will achieve the desired control. Their anger becomes a remote control. When you react you are allowing this control or allowing the other's remote control to work. It is you that chooses to allow yourself to be influenced and dominated. It is important for us to realize that we can choose and take the decision to allow ourselves to be controlled and dominated, or we can choose to express what we feel without being affected by the reaction of the other and still maintaining our love, respect and good wishes for the other.

Let us not allow ourselves to be dominated and influenced by entities external to us which includes objects and people or we will lose energy. **Each moment we allow another person's remote control to work successfully or we allow an object to control and dominate our emotional state, we weaken internally. We become like a puppet in the other person's hands. A puppet is never powerful because it does not act on its own but is controlled by someone else. We need to prevent that, if we want to conserve our energy and remain spiritually strong.** Meditation and spiritual knowledge both increase our spiritual strength and also increase our self-esteem or self-respect over a period of time. Both these increases help us remain in self-control and not only disallow the other's remote control to work but also become assertive (not aggressive) and take a stand when required.

## Exaggeration

We exaggerate to make people laugh or to lighten the atmosphere.

But every time we exaggerate, we're distorting reality. We're making a mountain out of a molehill and much ado about nothing.

Even though exaggeration seems harmless, try to steer away from over-exaggerating.

Replace 'exaggerate' with 'accentuate'.

Emphasize and magnify what's best. Accentuate the positive. Just don't over-accentuate!

## Message for the day

**To consider myself a child of God is to have a right to His powers.**

**Thought to ponder:** In times of crises, it is very natural to ask God for help or power to face them. Yet, it seems that there is little power for some time or no power at all to face the situation. On the other hand, when I remind myself that I am a child of God, I will automatically have a right to whatever God has. God is all powerful, full of all powers. It is these powers that I can use as a right, to deal with those difficult situations.

**Point to practice:** Today I will take a thought, "I am a child - a child of God. Whatever He has, I too have a right over it." I will use these powers instead of just seeking and asking (still feeling powerless).