

Today's Thoughts: December 18, 2020: Wisdom



## Wisdom

Reading or listening to something good everyday will keep my mind healthy and happy. Thinking good thoughts over helps me to remember what I have heard. Then I become so healthy that when difficult situations come my way I have the inner strength to face them.

## **Overcoming Fears Connected With Negative Past Experiences** **(Part 1)**

Some of our fears arise due to the situations we have lived through; for example, if you are driving a car and you have an accident. Then you take some time to drive again, because the memory of the accident awakens the fear of having another one or reliving the one you had. The person that has never had a car accident gets in the car with confidence, because they do not have that scene recorded, since they haven't lived through it.

There are fears that we carry within us that are not of the present. Something happened to us in the dark and we are now afraid of the dark. Fears in relationships: you opened your heart, you fell in love and, after a time, you experienced pain, you felt hurt, misunderstood, manipulated, deceived or mistreated, and now you no longer open your heart for anything; it is closed off with the shields that you yourself have created. To overcome this kind of fear due to experiences you have lived through, you have to come to terms with your past and accept it fully. You cannot change your past; lamenting the past doesn't help you; complaining about the past doesn't benefit you. Those shields brought about by fears do not disappear unless you do a deep cleansing. **Begin to heal your experience of the past. Part of the past is healed with forgiveness. Without forgiving, you cannot forget.**

(To be continued tomorrow ...)

## Power of Silence

Exercises of silence help you concentrate your mind and intellect, and go within yourself to recover the positive and eternal energies. With the appropriate concentration of the mind and intellect towards your constructive inner forces of peace, love and happiness, you can strengthen yourself. Being strong means staying positive when faced with negative situations, peaceful when everything around you is chaotic: in other words, not being influenced negatively but influencing the situation with your positivity. When you stay calm in your inner power of peace, you can transmit this to others and help them to calm themselves. When you begin exercises of silence, concentrate primarily on peace. This is the basis of the practice, as when there is inner balance and harmony it is easier to build over these the other values love, happiness, truth and sincerity. The experience of deep peace calms you, clarifies you and fills you with energy to think and act positively and achieve your purpose that you have set for yourself.

## Message for the day

**Cooperation is to give people what they need.**

**Thought to Ponder:** We tend to give people what we feel they need. In the process, we tend to advice or force our ideas on them. But, what really works is trying to understand what people need. If someone is angry, they lack peace at that time. So, I need to give peace. And of course, I need to be peaceful and patient, in order to give the peace that they need.

**Point to Practice:** Today I will really help one person, by giving what he needs. I will try and understand what people around me really need and start giving those qualities. This will help me create a habit of providing the right thing at the right time.