

Today's Thoughts: December 26, 2020: Cheerfulness



Cheerfulness

Inner cheer is destroyed by a conscience which bites. Learn to do everything in a worthwhile way. It's an art which teaches you to appreciate your inner beauty (It makes you think twice about ruining it, too)

Don't be hard on yourself when making a mistake. It's much more effective to be handled with love. Telling the self off is a terrible habit, it subtly shapes a nature of sorrow. Finish the business of thinking of rubbish and instead take delight in all that you've found.

The Power Of Concentrated Thought (Part 1)

The thoughts that we create are of different nature, different intensity and their quantity also varies from time to time during a particular day as well as night and also depending on what action we are performing at that particular moment of time or not performing any action at all. **They possess immense potential or power, both positive and negative. They can either liberate (or empower) us or limit (weaken) us. This depends on what we think and how much we think.**

The mind tends to jump from one place to another. Many of our thoughts filled with doubts, dejection, fears, insecurity, irritation, worry, comparisons which give rise to emotions like jealousy or inferiority / superiority complexes, desires, un-enthusiasm, etc. are useless thoughts and weaken us. They defocus us and cloud our inner clarity. Sometimes we keep repeating certain type of thoughts inside our mind, we keep going round in circles. Most of the time, these repetitive thoughts are negative or waste in nature related to the emotions mentioned above. Sometimes the repetitive thoughts can be necessary or positive also. Even necessary and positive thoughts, when repeated again and again, turn into the superfluous (excess) or waste. So it's important to think in a higher, concentrated way – think less and think powerful; such thoughts have a lot of clarity, focus and spiritual force that help us to put them into practice more successfully. **A single thought or a series of thoughts can block the capacity to feel content and awakened spiritually and make us sorrowful. On the other hand, a single thought or a series of positive thoughts can be the key to open the door that allows us to access, enjoy and experience the richness of our inner self. But it has to be a pure, strong, clear and concentrated thought or thoughts.**

(To be continued tomorrow ...)

Tragedy to Triumph

We continue to tell ourselves a story about what's happened, what's going on, what someone did.... and these stories influence how we think, feel and act.

It makes sense to listen to the story carefully, and if it's not empowering or inspiring, or you don't like the story, then edit the narrative without glossing over the facts or turning it into a fiction.

Turn your tragic sob story into a tale of triumph; a drama or a horror into an action adventure mystery or even a comedy. It's your story, so tell it to yourself just as you would like! What's your story?

Message for the day

To have pride for our role is to be happy.

Though to Ponder: To compare myself with others is to actually insult myself. I have my own uniqueness which I express in my own unique way through my unique role. When I remember this, I will neither have superiority or inferiority complex. I will accept each and everyone's characteristics, including myself.

Point to Practice: Today I will walk in my own shoes. I will not attempt to walk in someone else's shoes, as it doesn't fit me properly. Walking in my own shoes, leads me on the path of happiness. So, today I will walk on the path of pride and happiness.