

Daily Positive Thoughts: December 08, 2013: Protect Yourself



Volcanic Island of Aogashima, Japan.

Protect yourself from useless and negative thoughts by maintaining a positive attitude.

Faith

Faith means that there isn't the slightest form of doubt in any situation or at times of obstacles. Situations have to change and they will continue to change. The supports that your faith has now will be removed, and even after that your foundation has to be strong. If your foundation is not strong, then supports are necessary. Therefore you need to maintain your peaceful, loveful state and your love and faith for God has to remain unshakeable.

Understanding Anger And Its Many Forms

It is easy to understand how anger is one of the greatest fires in the human mind. Anger may take the form of yelling, shouting and verbal abuse, such as threatening, accusing, demanding, giving ultimatums: 'Do it or else!' But anger is also seen in the irritation when we do not speak: it is that silent smouldering (burning) where we emit fumes and fires of stored resentments (anger) and hatred, which effectively cuts real communication with others and ultimately ruins relationships. We get angry because we expect a certain type of behaviour from someone and when the behavior is not according to our expectations we become violent, convincing ourselves that others deserve to be punished.

However, this result is an unresolved violence, which keeps emerging according to time and circumstance. Angry people feel too self-justified to even think about forgiveness, or letting go, in order make a person or situation peaceful - they are too attached to fact that they are right and the other is wrong.

Soul Sustenance

Self Esteem

Self-esteem comes when I really value myself: When I place value on myself, then others, too, will value me. When I don't value myself, how can I expect others to value me? If I continuously put myself down, saying 'I'm no good' or 'I am not capable', other people who hear this will start believing it. So what do I do? The key word is 'consciousness'. As I start to become make my consciousness positive by creating positive thoughts many times in the day about myself like “I am the most fortunate soul in the universe” or “I am a victorious soul, I cannot experience failure in any step in life” or “I am a self sovereign soul, ruler of my sense organs” or “I am a destroyer of obstacles” or “I am a spiritual rose flower who spreads the fragrance of divine qualities” or similar thoughts, I become spiritually alert, then I am in a position to start valuing my life and as I start valuing myself, I develop self-confidence. The effect of this is that I start valuing others, understanding that everyone has their own position: not higher or lower, just different. Each one's uniqueness has its value.

Message for the day

The one way to change others is to deal with them with love.

Projection: When you have love for others, you will have good wishes for them. Your desire to change them will then be for their good and not for your own selfishness. Others will quickly respond to your unselfish love and you will find them changing.

Solution: Think of one person you want to bring about a change in. Before you think of changing that person let there be a lot of love for that person in your mind. Also make sure the change you want in the other person is for his own good and not for your own selfish reason.

