

Daily Positive Thoughts: April 28, 2014: Serenity



Anderson Falls, Indiana

Serenity

Your serenity is based on taking responsibility without taking blame, and letting go without giving up.

Self-Progress

The one who is committed towards his own self-progress, is free from criticizing others even when he sees them make mistakes. There are no negative words used, but words are filled with good wishes and actions become inspirational too. So such a person helps the other person to move forward.

I enjoy the process of my inner growth, because I am committed to learning from every situation. My own growth provides a space for the growth of others too. I am free from negative feelings because I am able to give without expecting. I find others are able to bring out their best too.

Meditation For Personality Transformation

At the heart of every human being or soul there is a spiritual energy, pure, of peace, love, truth and happiness without dependence. Being aware and experiencing this energy provides you with the inner strength necessary for change. Meditation is the method of access in order to allow that energy to come to the surface of your consciousness and in your mind in order to color your thoughts and feelings. In a way very similar to that of a volcano whose melted lava, hot, flows from the centre of the Earth to the surface, we, on meditating, can create volcanoes of power (which emerge in our conscious minds) required for personality transformation.

You can do an exercise, a meditation whereby you choose a habit or *sanskar* that you don't want, and you will replace it with a characteristic that you would like to incorporate, like a thread, into the cloth of your personality. For example, replace impatience with patience.

Tomorrow we shall explain a meditation with this theme: changing a habit or *sanskar*.

Soul Sustenance

The Alphabet of Change

Awareness - First, become aware of what you need to change in yourself. What is preventing you from attaining contentment? What habits are blocking the way to realizing your full potential?

Belief - Many people think that a change in their personalities is extremely difficult. But in fact it is a reality that lies within your power. It might be useful to ask yourself questions such as * What has held me back from change in the past? and * What are the stages by which I can bring change about?

Commitment - Motivation is the key to commitment. We need to want to change, rather than feel it is a duty to ourselves. Try writing down a list of commitments in the form of statements beginning with 'I will'. They should come directly out of, and be connected with, your overall vision.

Discipline - We cannot change unless we are able to maintain a steady course over time. Think of each sign as a major landmark passed. Even if we find ourselves slipping into old habits, that achievement of even a little bit of change cannot be taken away.

Message for the day

To serve with the heart, with love is to guarantee success.

Projection: When we have to be of help to others, we sometimes find ourselves doing it with force. We don't seem to be really interested in doing it but situations or people seem to be forcing us to do it. We, then, don't enjoy what we do and also don't find the benefit of it either to others or to ourselves.

Solution: We need to consciously make an effort to see what people are benefiting when we are helping them. With this conscious effort we are able to help others with love without feeling the heaviness of what we have to do. Thus, we find our actions to be much more fruitful.