

Daily Positive Thoughts: June 15, 2014: Happiness Is Your Property



Happiness Is Your Property

No matter what adverse situations come in front of you, no matter how many obstacles come in front of you, your happiness should not disappear. An obstacle that comes will also go away. That obstacle comes and goes away but what belongs to you should not go. So, happiness is your property. Whenever an obstacle comes, just think that it has come to go away. When a guest comes to your home, it isn't that he has come as a guest and will go away having taken everything from your home. So an obstacle has come and it will go away but it should not take away your happiness. Happiness should always remain with you.

Independence

True help gives support in such a way that people become independent. When there is the right support given to the people in need, there is the ability to do that, which makes others independent. There is the ability to give the best, but without expecting anything in return. Others are able to get in touch with their own specialties and use them for their own well being and progress. When I am able to provide help in a detached way, I become a source of support and strength, without being caught in any kind of bondage. I am free to use my specialties for everyone's benefit without others being dependent on me. Others continue to take inspiration from me.

At Peace With Time (cont.)

Not only is your strength reduced by the way that you live the past and project onto the future, but also how you live in this moment. **When, for example, you oppose the present and have resistances, these consume your energy and cause you stress. If you accept the present you can flow flexibly without wasting your energy.**

Accepting does not mean submitting yourself or feeling a victim of what is happening now. From acceptance, you confront and transform. If we learn to live the dimensions of time in a healthy way we will keep up our vitality, we will heal the past and we will feel at peace with it. Accepting the present and trusting in the future helps us to be well.

Accepting the present means stopping comparing yourself with others; you want what the other has, their money, their talents, their beauty, their personality, their achievements, their virtues, etc. So, instead of being grateful for what you have and accepting yourself as you are, you try to have and be like the other. In this way, you are never satisfied. The dissatisfaction causes you a constant unhappiness that reduces your vitality. When you feel happy and satisfied your energy flows more easily. The most important thing that you should do in this moment is to **feel** content. Next, what is the most important thing? To **be** content.

Therefore, the priority, and what is essential, is that whatever happens in the moment, the most important thing is to be content. So, tell your mind, "Oh, mind, be quiet and don't think so much. Oh, mind, kindly trust that everything is and will be fine." Give your mind the basic instructions and the key thoughts with which to be content. Don't let your own mind create the thoughts that trap you. It is we ourselves who create our emotional cages.

(To be continued tomorrow ...)

Soul Sustenance

Improving the Quality of Different Areas of My Karmas (Part 2)

Karmas performed for the self

If I, the soul, am the master of my body, then I have to look after its upkeep. **The consciousness with which I feed and take care of the body has to be such that my actions don't bring me into further attachment to it.** They have to be of such quality that they bring me closer to God and help to reduce my bodily ego or the pull towards physical desires. I have to work, cook, feed and wash the body but these activities can be done in such a way that they bring me closer to my destination of perfection, of freedom and of liberation.

Karmas in our relationships

There is specific energy that drives all relationships - that of credit and debit, give and take. These are the so called karmic accounts that have been created in the past (either in this birth or previous births) and which now determine the quality and quantity of all our interactions and their results, in terms of joy or sorrow, in all our relationships. It's not necessary to find out exactly what the karmic root cause of a problem in a relationship may have been. A very simple guideline to improve the quality of our interactions is:

Rather than take, let me give, so there won't be any further debts. Whether it is colleagues at work, family relationships or friends, let me see if there is a way in which I can fulfill my responsibility with integrity and honesty. If I am not doing that, if I am moving away from my responsibilities, I am adding to my karmic burden. **In what way can I give or serve, so that there is no longer conflict, tension and struggle but just sweetness and respect in my relationships?**

(To be continued tomorrow ...)

Message for the day

Real positivity is being positive even in negative situations.

Expression: It seems very difficult, if not impossible, to maintain positive thoughts when we are faced with a negative situation. Even with a strong intention to be positive, challenges come in the form of relationships, physical illness, difficult circumstances etc and we find ourselves weakening.

Experience: A long time of practice of maintaining inner self-respect is what will help us in a difficult situation. To maintain self-respect means to understand and appreciate our own uniqueness. With this practice of self-respect we will not be dependent on the external situation but will find the strength within.