

Daily Positive Thoughts: March 03, 2017: Choose Feelings



Artist: Francene Hart

Choose Feelings

If your days seem filled with unwanted negative feelings, there is only one cure. When they come, choose them. Don't ask why, don't wonder how, don't fight them and never put yourself down for having them. But most of all never blame someone else for how you feel. If you do, it means you are still fast asleep and your choice is to be a victim. When the feelings come, even big disturbing emotional feelings say, "I choose this feeling" and know it comes because of something you have thought or done in the past, perhaps a certain belief that you have learned or an attachment that is threatened. Choice does not mean you want the feelings, but it does mean you are taking responsibility for them. And that is the beginning of self-mastery. It is the first step to the healing and resolving of your emotions. But only the first step. Try this today and then ask yourself what the next step might be. If you are really interested to know, you will come to know!

Analyzing Success And Failure (Part 2)

For many, society has conditioned us to look for success through the path of our career, achievements, profits, praise, financial wealth etc. That way, we have learned a narrow view of success. Running in search of this kind of success and pursuing it, we come to exhaust ourselves, get burnt out and depressed. In order to achieve these successes we have stopped caring for the inner being (the soul) and relationships. That has meant and means stress, pain, anxiety, family break ups, personal and relational disintegrations, the destruction of the environment and planetary and climatic imbalances. As a consequence, we feel empty. Although we achieve the applause, the income and other successes, the soul is malnourished and has the sensation that it is lacking something. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, broken up family and a sick body, causes depression which explains why, in our recent history, famous people have ended up committing suicide.

If we want to redirect our personal and collective lives toward true wellbeing and wholeness, we have to re-evaluate and redefine our beliefs and factors that lead to success and failure. Before asking yourself what success and failure mean for you, it is important to be clear what context you want success in. Depending on the context, the dimension and the meaning of success and failure will be different. For example, in the work context, a failure will be different to that in the family context. In the personal context or in life in general, the way of perceiving success or failure varies.

Listen with your heart & your head!

If you listen with your heart, you're able to catch not just the facts but also the feeling behind the words.

Listen with your head and you're aware of what to listen to, who to listen to and how to digest what you hear.

Open your ears and be an avid listener; listen with your heart as well as your head!

Message for the day

To be fully responsible is to inspire responsibility in others.

Expression: When there is true responsibility, there will be freedom given to others too to be responsible. One's ideas are not forced on to others but there is full freedom for others to make their own choice. Support and guidance of course are given and people are able to become independent and responsible.

Experience: When I have learnt to take up the responsibility of my own life, I am able to become self-sufficient and independent and also constantly be available for those around me to become independent and responsible too. There are enough resources in me for those around to take benefit from.

*In Spiritual Service,
Brahma Kumaris*