

Daily Positive Thoughts: July 02, 2017: Detached Observer



Detached Observer

It is far better to observe than to absorb every word, feeling and attitude, to get over-involved, or react too much. Observing gives us the patience and clarity to think act appropriately. Observing creates an inner focus that allows us to see reality.

8 Steps On The Road To Success (Part 2)

Just for a minute stop what you are thinking and ask yourself is a goal or an achievement so significant that you do not mind losing some of the important relationships of your life. Also, what use is an achieved mission if in the process I suffer sleep disorders or my digestive system is weakened or I suffer from high blood pressure or diabetes? Also, I may even suffer from mental illnesses like depression or sometimes even end up attempting suicide. The same purpose of life can be achieved without losing mental peace, even if the achievement takes place at a date later than the one intended.

So, **the first step on the road to success is revising your purpose to one that can be achieved at a slower speed** than the speed we might see others working at. Of course, it's needless to say that the wrong energy with which we are working that is giving us hurry and worry sickness is nothing but competition. Competition is not at all an un-required energy in mainstream society but **when competition is accompanied by or mixed with comparisons, it becomes negative or self-harming**. So compete, competition is healthy but do not compare, comparisons are unhealthy. Also, ensure that while moving towards the destination of success **it is important to set smaller goals to be achieved instead of targeting directly at the bigger cause**. This is important because this keeps us extremely light in our journey and keeps us on the road to success and does not let us become tired when the going gets difficult at times. This is a way of unburdening oneself while travelling on the road to success which can be long at times. Another important feature of a relaxed journey to success is **satisfying people who are a part of the journey** and not developing cold relations with them. Very often, people are so obsessed with work or professional targets that a 12 hour day at the workplace is a common practice with busy professionals with no time for their family members. This causes distancing and differences between them and also very often children and husbands or wives are affected negatively by this and remaining dissatisfied.

(To be continued tomorrow ...)

State of Inwardness

When we are living from our inner self, it means that we are focusing our attention on the internal and when we observe the external world around us, we do not get lost, threatened or frightened by the events. We remain stable and experience the feeling of security and tranquility. The biggest obstacle to Inwardness is living in our senses - organs of sight, hearing and eating. We lose sight of our inner being. We look at things with feelings of desire, greed, anger, attachment or arrogance. We hear indecent or degrading talk. We utter harsh words or get addicted to the pleasures of the palate. Living in the outward is living far away from the state of inwardness, the consciousness that brings us serenity, happiness and peace.

Message for the day

Let there be a positive record of always talking with regard.

Expression: When I have regard for others, there are good wishes expressed through my words. Such words are totally free from the slightest bit of negativity and bring a very positive result. When words are positive, they are few but essence-full. So they have a lot of impact on others.

Experience: When I have regard for others, I will be able to keep myself free from negative and waste words. So I'll naturally find every word of mine being used in a positive and powerful way. So I find only accumulation and no waste through my words. My energy is saved and others too would have only good wishes for me.

*In Spiritual Service,
Brahma Kumaris*