

Daily Positive Thoughts: August 29, 2017: Inside Out



Exotic Flowers: Tricyrtis Hirta (aka toad lily)

## Inside Out

There is essentially only one way in which you can bring about self-transformation – that's if you want to – but you will not think you need to if you are still taking your happiness from outside yourself, and still managing to tolerate the periods of unhappiness which result. As soon as your happiness is dependent on anything outside, you make yourself a slave to a condition, substance or perhaps a person. A slave is not free. And happiness is impossible if you are not free. Perhaps this goes some way to explaining why our happiness fluctuates. Real happiness does not go up and down. Real freedom means that your happiness comes from inside out. That will require detachment and renunciation, not least from the illusions and conditioning of society which would have you believe happiness can be acquired from outside in. Can you see it? Inside out, not outside in!   relax7

## Reliving The Memories Of The Past (Part 1)

Have you ever spent a complete day thinking about events that have taken place a day or a month or a year ago? Do you know that the thinking capabilities of the mind are overused when we create thoughts of an already passed past? We forget that a positive future can be rebuilt by simply focusing on the present circumstances and doing the best in making it the best. A very common habit that each one of us holds inside us is of reopening events that have already folded in the reel of life and mixing them with the current state of affairs. We then create a negative future because our perceptions of current situations get influenced negatively by doing that.

Remaining focused on the present is sometimes seen as over-positive thinking by some and also seen as remaining disconnected from the past. The past is very much the truth of your life. **So, a balance has to be made between being forward looking i.e. taking care that the past problems do not re-occur in the future. At the same time we take care that we do not worry about that.** There is a fine difference between **concern** and **worry**. While remaining concerned does involve thinking about the past, on the other hand, worry means the same but there is a difference. In the case of worry, thinking exceeds the necessary thought level, crosses it and touches the unnecessary. Sometimes it even exceeds that and becomes negative. On the other hand, remaining concerned means your thoughts remain limited to positive and necessary. At the same time you take the right action to prevent the past mistakes from happening again. Also, one who is concerned and not worried while remembering the past, will use the past as a stepping stone to enter a future which is free from the influence of negative happenings of the past.

(To be continued tomorrow ...)

## Responsibility

Responsibility is being willing to be accountable for what you do and also what you do not do yourself. It means accepting credit when things go well and also correction if things go wrong. It is the ability to respond ably. I practice Responsibility when I take my agreements seriously; focus on what is required by me and not on someone else's part, when I am ready and willing to clear up misunderstandings. I give my best to all that I do and keep my promises. I welcome praise and correction for my actions.

## Message for the day

**The power of determination brings all thoughts into practice.**

**Expression:** There are a lot of thoughts that come into the mind that should come into practice immediately. These thoughts come according to the demands of time or according to the kind of people that one comes into contact with. But the only way to bring all these thoughts into practice is to use the power of determination. Where there is determination there is the commitment to use all the resources for the realizations of that thought.

**Experience:** When I am able to use the power of determination, I am able to realize my inner potential and use it in the right way. So I am able to experience constant progress, because all my thoughts are for my own self progress and all these thoughts naturally come into practice. I never give up anything with temporary setbacks but am able to do everything for the constant progress of the self.

*In Spiritual Service,  
Brahma Kumaris*