

01.10.17



### **To understand uniqueness is to be free from expectations.**

When I continue to think of others and wanting them to think like me, I will not be able to be free from expectations. I need to understand that each one has his own unique set of experiences. So, everyone has their own uniqueness of expression. That's what makes the drama of life so beautiful. Today I will appreciate the uniqueness of everyone. I will at least tell 2 people how special they are and what difference their life has made. This will help me not only appreciate them, but also keep me free from any kind of expectations. Others, too, would be able to use their best qualities.

### **Limiting Influences On Your Decision Making Ability (Part 1)**

It is extremely important to realize that, in any situation, you have the power to choose whether your response in that situation will be passive or pro-active, positive or negative, indifferent or attentive etc. You choose what action you take and how you feel. But do you exercise your power of choice all the time? You need to check which factors influence your decision making and push you either in one direction or the other? There are many factors that control and limit your power to make the right, and more importantly, free choices. These factors primarily include influences of people that dominate your ways of thinking, your beliefs, your attitudes, even your complete personalities, etc. You are also limited by the influence of your own fears, attachments, desires, biases or other negative and waste thoughts, which result in a lack of focus.

There are a lot of people who are not used to thinking for themselves or even prefer being a yes man going along with what others think and say, without having

an opinion of their own. Also as you pass through your childhood and teenage life and enter adulthood, you acquire many preconceived ideas or beliefs from your family and social and cultural environment; that is why you assume inside that some things or people are always positive and others are always negative when, in fact, that's not necessarily true. This directly affects the type of decisions you make, each time there is a requirement for one. In any particular situation, courage, wisdom, high self-esteem and focus is required to sit down calmly and make an assessment about the possible choices before you, and then finally make the right decision. The more you practice relaxation, positive thinking and meditation, the more you rise above all the negatively influencing factors mentioned above , the more you experience the positive qualities and powers mentioned above and exercise your power of choice accurately and with confidence.

(To be continued tomorrow ....)

### **Message for the day**

**The one who is humble is always successful.**

### **Expression:**

The one who is humble is free from desires and is in a state of appreciation and contentment of what he has. So he does not want to prove to himself that he is successful. He only enjoys the process of learning and progressing. He is never deterred by criticism and takes it in the right spirit.

### **Experience:**

Humility enables me to appreciate the effort put in by those around me. I would naturally be able to see the specialities in others and respect them for it. There would be no feeling of envy. So I would naturally be able to have the quality of contributing for the progress of others too.