

Thought for Today
02.10.2017



Belief

There is a common notion (belief) that positive thinking makes one 'soft', a bit weak. But quite the opposite is true. The more we understand and experience our own inner qualities and powers and realize our own weaknesses, the stronger, more stable and less dependent we become on others.

Creating Positive Habits

To overcome a negative habit, we have to ensure that the intellect is strong and stable enough to lead the mind with knowledge and comprehension. In this way, transformation is more deep and lasting, creates satisfaction and fullness, and greatly improves our self-esteem.

Our mind, which is under the influence of an old program, must be left in no doubt that "I", the original personality, no longer wants to go down that old road. We must have the strong determination to create a new thought pattern; this will also be recorded on our memory bank. This new register will help us to avoid taking up the old habits the next time something similar happens. For a period of time the two thought patterns, the old and the new, will exist alongside each other.

To achieve a long-lasting transformation, we should not suppress our mind and immediately eliminate all the habits or tendencies to which the mind has become accustomed to. If we do this, the mind will begin to cry and make a fuss, and finally, the moment we lower our guard and stop paying attention, the old habits will emerge again and drag our mind towards automatic thoughts and actions so that, almost without us realising, we are once again immersed in our old way of thinking and doing.

We have an alternative: creating thoughts of a greater quality that emerge from a new conscience. In this way, thanks to these positive thoughts, full of love, harmony and creativity, the mind will start to cleanse itself, replacing the old habits and negative tendencies in a totally natural way.

The positive thought that preceded the positive action is still

conscious, but the more we repeat the positive action the less conscious we are of the thought that created it. The time comes when we don't know why we are doing whatever we are doing: it has become a positive habit.

Message for the day

Humility wins hearts.

Projection:

The one who is humble is able to put the other person forward. Such a person recognizes, appreciates and uses the specialities of others for the success of any task. So, along with giving the best, he is also able to bring out the best in the other person too. So, he is able to do the best in any task.

Solution:

When I am humble, I experience harmony in relationships. I am able to learn from the different experiences and make myself better and better each day. So, I experience success in all I do. I am also able to win the hearts of others and get good wishes from them.
