

Thought for Today
05.10.2017



Motivation

Motivation is an inner positive energy, a combination of enthusiasm and clear perception (understanding) that enables us to accomplish (complete) a task.

Motivation keeps us determined and on course, otherwise it is so easy to be distracted by problems and laziness. What does motivation do? It moves us from one reality to another, from where I am to where I wish to be.

When we want to reactivate our motivation we need to examine the following:

- * What do I want?
- * What do I wish for?
- * What do I value?

- * What do I need?
- * What do I enjoy?
- * What do I understand? and, especially,
- * What do I love?

When we sit down and think about the answers to these questions, they become the basis for activating new insights and tasks and for reactivating those insights and tasks, which I have forgotten to pay proper attention to and have not developed properly.

Total Positive Health

We explained the characteristics of Physical Health in brief yesterday. Today we take a look at:

Mental Health:

A. Happiness, calmness and cheerful behavior. Self satisfaction (no self-condemnation or self-pity). No conflicts within the self (no feeling of being 'at war' with oneself).

B. Accommodative intellect. Able to accept criticism, not easily upset. Understanding of the emotional needs of others, considerate and courteous in all dealings. Open to new ideas.

C. Self-control. Not dominated by the emotions of fear, anger, attachment, jealousy, guilt, or worry. Not driven by lust or greed. Able to face problems and solve them intelligently.

Social Health:

A. Forms friendships which are satisfying and lasting.

B. Keeps family and social relations hearty and frictionless.

C. Acts for the benefit of the society in general.

Message for the day

To be powerful is to destroy unwanted habits.

Projection:

To be powerful means to be aware of one's own hidden powers and to use these powers in destroying old unwanted habits. It is to apply a powerful brake to the thoughts in a second, so that there is the ability to master the situation. Such a person does not fall prey to the situation but makes effort to become a destroyer of the weakness in a second.

Solution:

When I am able to use my inner powers I am able to apply a brake to my thoughts in a second. I am able to finish old unwanted habits and be free from the burden of having to be with negativity. So I am able to be a master who is well equipped to face all situations in life. And I am able to be successful both in relationships and in my work.
