

Thought for Today
10.10.2017

Wisdom lies in taking only whatever is good.

I am usually so receptive to things outside that I take in everything, both the good and the bad. The bad part of it, however, doesn't let me be happy. I also notice that the more I take the negative things that people are giving me, the more they tend to give. The solution lies in taking only the positive things and ignoring the negative things. Even if I do have to take the negative things, I need to take it in a positive way. This is real wisdom through which I'll get the best out of life.

Thought Management

If we are stuck or trapped in our own thoughts we will not have control over them. When we observe them, we separate ourselves from them and we provide a space, and this is how we can control them and channel them in the direction we wish. In order to have control over something we must look at it from a certain distance, like an impartial observer. This practice helps us to realise the influences, both positive and negative, that there are in our life.

Observing our thoughts (which we do in the process of meditation) is the first step in understanding and, in the last analysis, taking full responsibility for them.

Message for the day

Where there is honesty there is flexibility.

Projection:

When someone challenges the truth of what we are saying we generally tend to argue and prove our point in order to prove ourselves right. When we argue in this way, it only shows our own stubbornness and doesn't help in anyway to reveal the truth. Where silence doesn't help in revealing the truth, argument never will because the other person is not in a position to listen to us at that moment.

Solution:

We need to realise the fact that when the other person is not able to recognise the truth, our arguing will not help in any way. When the truth is with us we need not argue but we only need to wait for the right opportunity to talk what we have to say. When we try to talk when the other person is not in a position to listen to us, it only reveals our lack of flexibility.
