

Thought for Today
13.10.2017

A single positive thought helps in changing the entire situation. When I am faced with a negative situation the first thought I usually get is a negative one. The thoughts that I follow are naturally negative too because the mind looks for reasons to sustain that negative frame of mind. I need to make the effort of intentionally taking a positive thought, thus I find all other connected positive thoughts coming up naturally this is because the situation doesn't look so difficult or challenging with my positive frame of mind.

Understanding The Inner Mechanism Of Anger

If we think, speak and act in an angry way, we leave an impression or memory of anger within our own consciousness which results in sanskara of anger to be born. Within the sanskara is the recorded emotion and experience of our expression towards the object of our anger. The object is a particular person or situation. If we encounter the object of our anger the next day, it will trigger the emergence the recorded anger from within the sanskara. We then deepen the sanskara as we express more anger, even if we only 'think' anger. The emergence of this emotional energy from within our consciousness then stops us from interacting in a positive way. It clouds our mind and confuses our intellect, weakening and distorting our thoughts, decisions and behaviour. This often explains why we find it harder to connect and communicate with certain people in our life. Essentially we are carrying a negative image of the other person within our sanskara from a previous

interaction with them. And when we see them again it emerges the energy within the sanskara, which then influences our ability to respond to them.

Message for the day

The one who has the spirit of service is free from wasteful thinking.

Projection:

It is usually thought of as an additional burden to think of serving others. The usual thought is to think of first serving oneself and when one is content to think of serving others. But this thought makes one miss out on the fact that both service to oneself and service to others are complementary to each other, one helping the other in a positive way.

Solution:

When we take on the responsibility of bringing benefit to others, i.e., when we consider ourselves as a humble server we will be free from wasteful and negative thinking. We will not waste our thoughts and energy on something that is not worthwhile, something that is not going to bring benefit to anyone. So each thought, word and action of ours becomes elevated.
