

Today's Thoughts: November 05, 2018: Look for the Silver Lining



Kailua-Kona, Hawaii

Look for the Silver Lining

Seek to 'see' the benefit in all events. That's not to say, ignore the downside. See the 'reality' but, at the same time, deliberately look for the upside. Find that silver lining.

Look for the lesson. Realize, nothing happens TO us but everything happens FOR us. Shift, "Why is this happening TO me?" to "What is the lesson here FOR me?"

The Car-Driver Comparison To Aid Self Realization (cont.)

If a good driver, while driving a car is distracted by the negative and disturbing scenes which he comes across and his attention is pulled in many different directions, he will make his journey unsafe increasing the probability of meeting with accidents. When the same principles are applied to the soul and the body, **I also need to take care that, while traveling on the road of life, I am not distracted by scenes that are not useful to me** e.g. when looking out through my eyes and I don't have to take in all the images, scenes and information along the way, otherwise I may meet with an accident. When listening through my ears, I don't have to take in all the words and everything that people say, otherwise I may meet with an accident. I can choose to take in what is useful for me, but I do not have to register distracting, negative and harmful images and words. **Just like a driver, I see and understand situations, too I keep my eyes and ears open - it would be unsafe to ignore them completely, I need to be aware of them - but I look only for the positive in them, so that I remain focused and am not deflected from my goal of experiencing inner contentment and bliss, while making the journey.**

I, as the driver in charge of this vehicle, the body, also need to take care that I do not drive rashly i.e. **I learn to monitor the feelings and attitude that are transmitted outwards through my eyes, my words and my complete body language.** Driving rashly i.e. transmitting negative energy in this way could harm any co-traveler on the road of life. When these feelings stay positive, filled with sweetness, purity and respect, that too helps to ensure that my journey passes smoothly and enjoyably. When I stay alert and aware in a driver conscious and drive carefully as explained in this and yesterday's message, my actions bring me closer to my spiritual truth and I am able to share my positivity with others around me. When I lose awareness for even a moment, there's danger either from me to others or vice versa.

Soul Sustenance

The Circle of Influence and Worry

Make a list of the things that worry you most and decide if they are in your circle of **influence** or **worry**. Think about what you can really do to have an influence on each of them in an effective way. By determining which of these two circles is the centre around which most of your time and energy revolves, you can discover a great deal about your level of positivity. Positive people focus on the things they can do something about. If necessary, they change their attitude. They are aware that perhaps they cannot change the circumstances but they can improve their inner attitude. This is what positive focusing is all about: being creative, thinking differently, being open to listening, being more understanding, more communicative and showing more solidarity.

Reactive people focus on the problems of the circle and on the circumstances about which they have no control. They react to the defects found in other people. From this worrying, accusations, destructive criticism, feelings of blame, a reactive language and feelings of weakness and frustration can arise. They want others or the circumstances to change first and when that happens, then they will change. Whenever they think that the problem is on the outside, this thought is the problem. The negative energy produced as a result of this approach, combined with the lack of attention to the areas in which they could do something to improve the situation, means that the area of influence decreases in size. They give power to what is external so that it dominates them. In other words they think that change must come from "outside towards the inside"; they think that something that is outside must change before they themselves change.

Message for the day

Love creates the right environment for others' positive growth.

Projection: Where there is love, a natural environment for others' growth is created. Love gives the ability to perceive the positivity in others and gives the encouragement to others to bring about that positivity and use it for the benefit of the self and others.

Solution: When I have love for others, along with perceiving their specialties, I am also able to recognize and use my specialties and inner powers more and more. Knowing and using these specialties is naturally for the benefit of those around me. This gives me an inner experience of power which makes me a constant giver and a support for those around me.

Love

Live in such a way that love informs every action! When we have learned to live like this, nothing will disturb us. Our contentment and good feelings towards others remain constant. We become free. The power to live like this comes from inside, not from outside. That is why we stay free, with no expectations from others, no frustrations. To live like this requires us to let go of certain beliefs and habits that drain us from this strength and interfere with our ability to love. Sometimes they become so deep-seated in us, that we are not aware of its presence.