



Positive Thoughts

Positive thoughts are like good software that helps us to perform to the best of our abilities.

Bring Benefit

We usually take care not to speak negative words, but are not so cautious about waste words. When we hear something interesting or unusual, we tend to repeat it to others. We repeat it to a lot of people who have no concern with it. We also add up a lot of things and make it an interesting story for others. But, in reality, these words bring no benefit for others. Whatever words we speak, we need to check if they are bringing benefit to anyone. We need to speak only if there is likely to be any benefit. When we have attention not to speak anything negative, waste or even ordinary, others will experience sweetness through our words.

Quality Transformation (cont.)

'Quality transformers' can be compared to the oyster. When a tiny foreign particle invades (enters) the oyster's home, it secretes a liquid that combines with the particle to finally create a pearl. The pearl can live in the oyster's home for the rest of the oyster's natural life without causing any disturbance.

In the same way, rather than react negatively to people and events, we can include them and mould with them. Through acceptance, our consciousness jumps to another level of perception (understanding) and we realise that what we might have previously regarded as a problem can, if handled correctly, be a means to develop our strengths and remove our weaknesses. Whether a situation is a problem or a gift depends on our perception. The choice is ours.

Soul Sustenance

Being An Observer And An Actor – Maintaining The Balance

In relation to the other, we have the possibility of observing and intervening (interfering) when we wish to; that is, maintaining the balance between being an observer and acting; playing between forming part of the audience and being the actor. On being actors, sometimes we can lose ourselves in the acting of the other in his or her or their dramas; we get in so deep with what is happening to the other that we lose distance. We get mentally and emotionally involved in the other's stories. When our awareness gets lost in those stories, we stop being the creators of our own life and of our own story. This habit exhausts us; we lose energy; we lose our concentration and control over our thoughts and our emotions. We lose our inner peace and we begin to look for it again.

We can choose to observe the dance of ideas, images and acts of others, and not get involved in their complications. Only thus will we be at peace with ourselves and with the world. Remember that you create your own story. If you want to live in peace and exercise a positive influence on the people around you, don't try to control or to change the stories of others. In order to enjoy a painting you do not poke your nose onto it; you remain at a certain distance so you see it with greater clarity. The same thing occurs with the painting of life. By learning the art of being a detached observer and then intervening, of keeping a healthy distance, we manage to be connected with what is essential without losing ourselves in the waste and superfluous (excessive). That way, our intervention does not arise out of a reaction which has shades of frustration, anger and negative judgements. We are then the creators of spaces of trust and love in relationships.

Message for the day

The one who is truly fortunate is constantly enthusiastic.

Projection: When we find things going wrong with us, we immediately find ourselves losing all enthusiasm. We then do nothing to change our situation but just begin to curse our fate. With such an attitude we can do nothing to change our fortune.

Solution: When things go wrong, we have to recognise the fact that it is the present that is in our hands. We don't need to think of what happened in the past and curse our fate. Instead we need to fill ourselves with enthusiasm to make the best use of the present to make our future the best.