

Today's Thoughts: June 02, 2019: From the Heart



From the Heart

Take a moment and think about your day yesterday:
did you live from the heart?
What you couldn't do yesterday, do today!
Today, live from your heart.

Bringing Your Dreams Alive

Each one of us has dreams that we nourish right through our lives. Some are short-term dreams and some long term ones. Dreams keep changing as we progress through different phases of our life. Some are achieved, some are not. Some of us possess the ability to realize our dreams more than the rest. The most important and influential factor in this process is how much we believe in our dream and believe that it will be realized. Some of the factors that hamper this belief are:

- * The influence of the past - the memories of our past failures, which sow seeds of doubt in our mind; as well as successes, which keep us in an illusionary consciousness and distance us from the present moment and our present actions. Also, sometimes we associate present temporary failures or ups and downs which may come in our way, with failures of the past.
- * Lack of inner strength or power, when faced with obstacles in your path. Tendency to get dejected very easily and creating weak thoughts like we do not deserve it or we are not capable of it or are we not lucky enough or it is not in our destiny or maybe it is our negative past actions which are influencing our dream realization process adversely, etc.
- * The opinions or comments of people surrounding you who sometimes, are not in tune with your consciousness and are not able to empathize with your purpose. Their comments easily de-focus you from your purpose.
- * Lack of ability to mould or adjust during the dream realization journey. Any journey is always full of twists, turns and sudden changes. A rigid state of mind, which is not able to change its tactics as required, may make the path seem more difficult than it actually is.
- * It is very good to dream but excessive attachment to the dream also may make the journey towards the dream stressful and bring down your self-belief at times.

Soul Sustenance

Are You A Compulsive Complainer (Part 2)?

The person who almost never complains has realized that every time they complain they focus on something negative, and the first person to suffer is, in effect, themselves, since it reduces their energy level and they feel worse. The person who never complains accepts what is as it is, what comes as it comes, and what happens as it happens. However, if they consider that something has to be changed, they put their energy into making it happen.

Given below is a clear example of the reaction of a compulsive complainer and of someone who never complains in the face of the same situation:

Two people visit a restaurant for a cup of tea. When the tea arrives, it arrives cold on both tables. The complainer suffers and reacts immediately by making a great complaint to the waiter. He gets into such a bad mood because of the cold tea that it generates a really unhappy feeling inside him. The waiter, of course, gets a bit defensive. The person who doesn't complain does not remain quiet and drink the tea. He calls the waiter and informs him that the tea is cold and asks for it to be warmed. He doesn't get angry or into a bad mood; therefore, he doesn't suffer. He accepts that, at times, such things happen! To inform and ask is not to complain; it is to give feedback and to make a request. The difference between both is the difference between an emotional reaction and a proactive response.

If there is something that doesn't go as you would like it to go, use mental energy to construct, create, transform or solve but do not complain.

Message for the day

To do a task with love is to be constantly successful.

Projection: When I start with something new, I usually notice that I'm successful for some time, but I do not experience long lasting success. This is because I did the task on being told or being forced by the situation. External force makes me use my resources with commitment for some time.

Solution: Love brings constant success because once I've experienced the joy of doing the task itself, I'll never give it up. Because it is done with love, I'll put in all my resources and do my best. So I'll experience constant success.

Self-approval

Do you seek others' approval? When you don't get your regular "fix" of approval, how do you feel?

Others' cannot constantly give you approval. So, instead of seeking and needing approval from others, give yourself approval!

Let go of the need to hear others say that you're beautiful, smart, or good enough. Practice self-approval.

Then whether you get approval or not, you'll be unaffected and undisturbed.