

Today's Thoughts: August 05, 2019: Adjust



A rare photo of Lions napping in a tree in the Serengeti, Tanzania. Usually not skilled at climbing, they are thought to be escaping the insects that thrive in the long grass after the rains. Photograph by Bobby-Jo Clow Photography

Adjust

The one who knows how to adjust is the one who knows how to survive.

Wearing The Crown Of Servant Leadership Gracefully

It is commonly stated that perhaps those who are best suited to leadership power are those who never seek it. On the other hand, those who have leadership thrust upon them, and take up the mantle because they must, find to their own surprise that they wear it well. This process starts as early as our school life, when we become monitors and prefects and are granted significant responsibilities. **We learn leadership at a young age. The type of leadership skills we inculcate at that age are important.**

Importantly, a good leader, starting at an early age, should inspire and not aspire. Personal aspirations that are regardless (irrelevant) to others always convert a humble and successful leader into a failed one. **A good leader should influence, not control** - controlling i.e. passing orders, policies, rules, goals, targets, reports, visions and changes to force team members to work the way they believe it should be done; failing to listen or only perfunctorily listening (listening with little interest); exhibiting the "Do as I say, not as I do" mentality and providing inadequate support. Negative thoughts, words, actions or inactions expressing emotions like:

- * Why aren't they performing better?
- * What's wrong with that person?
- * Why don't they know their job?
- * They should know their job!

lead team members to believe that leaders disrespect them and do not care for them at all. It results in failure of an organization or the task in hand.

(To be continued tomorrow ...)

Soul Sustenance

Seven Techniques To Let Go Off The Past (Part 1)

Almost each one of us carries a heavy or subtle burden of negative events and happenings that have taken place in our life sometime in the past, either an immediate past or a far-off one; which reduce our present contentment levels immensely. The negative past could be of any form – you experienced the loss of a close loved one due to a break-up or sudden death; you went through a serious physical illness or a very lean phase of financial loss, you were abused on a mental or physical level; you were not treated properly by a colleague at office and undue advantage was taken of you; you performed an inappropriate action and you repent up till now, even after many years have passed, and many such similar and different types of incidents.

There are three different types of processes for removing negative past memories from our consciousness:

- * **Modifying** - A negative past event is modified into a positive, beneficial form and then stored in the consciousness.

- * **Forgetting** - Memories of a negative past event are forgotten and do not exist either in our conversations or in our conscious mind or thoughts, but traces of those memories exist in the sub-conscious mind.

- * **Erasing** - No traces of the negative past exist in the consciousness and memories of it are completely removed from the sub-conscious also.

We need to take the help of all the different aspects or techniques of spirituality and not depend on only one or two for these removal processes. In the next two days' messages, we will explain all these different techniques of spirituality, which if incorporated in our life, help us experience lightness and emotional freedom from the past. All of them have their own unique importance.

(To be continued tomorrow ...)

Message for the day

The one who takes inspiration from others keeps moving forward.

Projection: When I look at the specialities of others, I sometimes tend to get discouraged. At such times my own weakness(es) look very prominent and my specialities remain hidden. Such comparison might not actually lead to jealousy but subtly continues to have its influence on me in a negative way.

Solution: At all times I must make sure I am constantly moving forward. Looking at others's specialities I need to take inspiration from them. I need to see what aspect I can imbibe in myself too. When I do this I will be able to experience constant progress being free from negativity.

Transform Negativity

The energies of life come to meet us at every moment. Most come from other people who either in the same room or on the flickering, technicolour screens with which we now share most of our homes. The vast majority of these energies are not positive. So how do we handle the 'the negatives', whether it's someone's attitude, their hurtful gestures or our daily dose of world violence and mayhem. There are three cardinal rules. First, do not absorb it - don't be an emotional sponge. Second do not reflect it back. Otherwise you begin a cycle of emotional exchanges which may last a long time. And third, do the one thing which marks us as intelligent human beings - transform it. Even if the scene is a disaster there is some benefit somewhere in it. Even if you are watching two peoples beliefs or opinions slug it out to the edge of violence don't take sides. Instead offer a solution then stand well back. Even if the person hates you, accept their state of being and return the light of love. In time, with patience, it will illuminate their darkness, and return to you by the bucketful! Just wait.