



Let Go

Just as the bird has to find the courage to let go of the branch in order to fly, so we also must let go of our branches if we are to know the exhilaration of soaring to the highest potential of our life. The branches we hold to are our inner attachments - our beliefs, ideas and memories. And then there are the outer attachments - people, possessions, positions and privileges are a few. But as long as we hold on to them we will live in fear (of letting go and loss) and we will never be free. And just watch those birds, by letting go of one branch they are able to spend the rest of their life alighting on a million other branches, and they enjoy the view from each. Are you flying and soaring in your life, or are you stuck on one branch, cursing others as they fly past. Go on, try it ...let go!

Motivator

People can motivate other people. A book can motivate. Money can motivate. But the best motivator is an idea!

How to let your ideas motivate you? Capture the idea. Write it down - in a notebook, on a post-it-note, or on your digital gadgets.

And then give the idea time to percolate and build momentum. Visualize the end result, the benefits and the feeling of accomplishing the idea.

If you really believe in the idea then let it motivate you into action. Start working on it - do something, otherwise, the idea won't go anywhere!

The Search For Success

The false intention and assumption behind greed, in the form of a thought and feeling, is '**the more I have, the more I am**'. It is a combination of trying to add to the value of the self through material possessions, position, role, talent or achievements and then becoming attached to these as a form of identity, finally leading to personal collapse. To try to add to the sense of self in this way has the effect of diverting oneself from the real self, which is why, in many cases, a person who has everything material is left with the feeling of being empty, disorientated and even fearful.

We cannot accumulate, or rely on the external, to create a sense of personal value.

People often try to fill the void of personal inadequacy or emptiness through greed, but this method goes against natural, universal laws. **All that I am, all that I can be, all that will make me truly happy must begin from inside the self. We have to start from the inside out, not the other way round**, otherwise we create desires that have no end, like the ten-headed *Ravana* - every time *Ram* cut off one of his heads, another grew in its place. *Ravana* did not die until *Ram* aimed for his heart. Desires are created from wanting one thing or another, believing that we will find achievement when those desires are fulfilled. This pattern of behavior keeps deceiving us and the proof of this is seen in the state of discontentment and emptiness a lot of people find themselves in today.

Soul Sustenance

Understanding The Different Types Of Thoughts That The Mind Creates (Part 5)

We have explained Necessary, Unnecessary and Negative Thoughts in the last few days. Today we explain:

Positive Thoughts

Positive thoughts are those thoughts which give us and others the experience of our original virtues like peace, love, bliss, happiness, etc. They enable you to accumulate inner strength and equip you to be constructive. Positive thoughts are always beneficial in all circumstances, without trapping you in the external appearance of a situation.

Thinking positively does not mean ignoring the reality of your world and living in a fantasy or longing to be another person. For example, if you were to repeat over and over again, "I am well, am well," when you were ill, this is not what we mean by positive thinking.

Thinking positively involves looking at problems and recognizing reality, but at the same time being able to find solutions without becoming obsessed or confused. This often requires tolerance, patience and common sense.

A person who thinks positively is aware of the weaknesses of others, but even then will direct their attention towards their positive characteristics.

(To be continued tomorrow

Message for the day

The power of positivity helps finish all negativity.

Projection: When I am faced with negativity in people or in situations, I too usually tend to have negative thoughts. When my mind is caught up with negativity of any kind-fear, anger or tension, I cannot think anything positive. I then find myself totally caught up in the situation finding no solution.

Solution: The only way to finish negativity is to work with positivity. I need to make a conscious effort to look at some positive aspect in the situation or person with whom I am facing difficulty. When I do this I can relate to them with this positivity which will slowly make the situation better again.