



## **The Optimism Filter**

Optimism can be a filter to everyday letdowns. It's a language that explains our life experiences to ourselves. Optimism impacts our ability to perceive strength, new opportunities and varied options.

### At Peace With Time (cont.)

Not only is your strength reduced by the way that you live the past and project onto the future, but also how you live in this moment. **When, for example, you oppose the present and have resistances, these consume your energy and cause you stress. If you accept the present you can flow flexibly without wasting your energy.** Accepting does not mean submitting yourself or feeling a victim of what is happening now. From acceptance, you confront and transform. If we learn to live the dimensions of time in a healthy way we will keep up our vitality, we will heal the past and we will feel at peace with it. Accepting the present and trusting in the future helps us to be well.

**Accepting the present means stopping comparing yourself with others;** you want what the other has, their money, their talents, their beauty, their personality, their achievements, their virtues, etc. So, instead of being grateful for what you have and accepting yourself as you are, you try to have and be like the other. In this way, you are never satisfied. The dissatisfaction causes you a constant unhappiness that reduces your vitality. When you feel happy and satisfied your energy flows more easily. The most important thing that you should do in this moment is to **feel** content. Next, what is the most important thing? To **be** content. **Therefore, the priority, and what is essential, is that whatever happens in the moment, the most important thing is to be content.** So, tell your mind, "Oh, mind, be quiet and don't think so much. Oh, mind, kindly trust that everything is and will be fine." Give your mind the basic instructions and the key thoughts with which to be content. Don't let your own mind create the thoughts that trap you. It is we ourselves who create our emotional cages.

(To be continued tomorrow ...)

## Soul Sustenance

### Understanding And Overcoming Repetitive Thoughts

Repetitive thoughts are mental dependences that arise due to a badly channeled imagination, false beliefs or mental weakness. For example, this happens when the pattern of negative repetitive thoughts makes us experience continuous feelings of guilt. Or we think, almost obsessively and continuously, that someone wants to hurt us or are after us. Or we create continuous thoughts of jealousy, hatred and violence with regards to another individual. They are negative and self-destructive habits. We fall into repetitive thoughts, which make us live in constant unhappiness.

We spend a lot of time during the day with these types of unnecessary thoughts. They are leaks of energy that weaken us. We have created the habit of thinking like that and, therefore, it is in our hands to learn to change it. We can free ourselves of these dependencies and the result is to be freer, mentally, of negative and repetitive thoughts, which are like a constant hammering. It is a question of learning to control what we think, thinking positively and in a focused manner, meditating and exercising the mind. We exercise to keep the body healthy and strong; in order to have a healthy and strong mind we have to learn exercises like meditation and relaxation that help us to free ourselves from repetitive thoughts which are nothing but bad positions or postures of the mind.

### Message for the day

**To be free from weaknesses is to move forward constantly.**

**Expression:** Most of the times I do win over my weaknesses and achieve progress but sometimes I find that I am defeated at the wrong moment by my own weakness and I experience failure. So instead of finding the progress that I should I find that I am moving back.

**Experience:** In order to bring benefit to others and to myself, I should recognize and remove even the last trace of weakness that is working within me. For that I need to have a constant checking about the real cause of the weakness and remove it. Such checking and changing helps me to overcome my weaknesses.

## Live to the full

They say 'only fools live to the full'. Because only fools go where most of us fear to go, only fools do what many of us spend our lives avoiding. You don't have to climb Mount Everest, or cross the world in a hot air balloon to live to the full. Simply enter each day with a commitment not to avoid anything or anybody who comes your way. Then your Everests will come to you, in the form of difficult people and challenging situations, and the only thing you will need to conquer is our own fear and evasions. And when you do conquer, you will know that you have lived fully, for there is nothing more exhilarating than overcoming our own obstacles which, if the truth were known, are always only in our own minds. When you turn to face these inner obstacles and challenges some people call this real courage and you certainly are no fool.

relax7