

Today's Thoughts: November 24, 2019: Go Deep



Go Deep

Most of us think too much, especially about events and people, local and global, famous and not so famous. When we are always thinking about what is happening on the surface of life, the visible, then it is as if we are living a superficial life. And when two people who both live on the surface meet, the exchange, the conversation, is superficial, sometimes totally bereft of meaning. Often it leaves us totally unsatisfied. And as we share news of our surface observations, we come to know our own superficiality, but we are not strong enough to resist it. Deep down inside there is a voice, a longing, a calling to depth. It's our heart, reminding us to visit, explore and express the depths of our ourselves. Everyone has depth but we confuse the heart with emotion, and forget that emotion is the result of getting too close to events on the surface. So one of our deepest needs, which is to go in deep, is seldom satisfied. Going deep and being deep requires time spent in solitude, some periods of introversion and a conversation with ourselves.

To understand is to be understood.

When there is a difference of opinion, we try hard to convince the other person of our point of view. However, since they are doing the same, there is no meeting point. Our effort needs to be in trying to understand the other person first. Even if we cannot understand the logic, we need to understand the emotions behind the argument. Today I will go upto one person whom I had an argument with and tell him I understand. For this, I will first change my own thinking and see how well I can understand the other person. I will then find that, because I respect people's opinion and feeling, they too are able to understand us.

Fears And Dependencies

Relationships are a source of support for our life, or at least, they should be. Relationships should ideally be an exchange of happiness and love. Peaceful relationships are the foundation from where we create, generate and carry out shared endeavors (efforts). Thanks to cooperation, we achieve our objectives.

When people are asked about what the different causes of stress, worries and suffering are, one of the main answers is relationships. Relationships have become a cause of ties (bondage) and pain. Instead of trust it seems fear dominates in relationships. In a relationship of love - be it family, be it friendship - due to emotional weaknesses and a lack of self-esteem, in order to learn to love ourselves we need another person or people to value us, to appreciate us, to need us, to love us. Even so, we do not manage to learn to love ourselves and we continue to depend on and worry about the opinion of others, what others might say, think or feel about us. You fear the answer of others; you fear they might say something that hurts you. These fears arise out of the emotional dependence on this person or these people. And they (fears) prevent us from developing and expressing all our potential, meaning that we stop being ourselves and we fear sharing ourselves openly.

(To be continued tomorrow ...)

Soul Sustenance

Attaining Success Using The Tool Of Visualization

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success inside their minds that they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other.

Visualization helps people to have 100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success than when you make the efforts without believing in what you are doing and without visualizing yourself as achieving your objectives.

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. **You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed.** You see yourself **already** transformed e.g. you say * I **am** a soul full of all powers and **not** * I **am going to or am trying to** fill myself with all powers. The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best.

Message for the day

True help is to give support in such a way that people become independent.

Checking: Think of those people you are giving some kind of help or support. Check if you are helping in such a way to make them independent or is your help making them dependent on you.

Practice: Remind yourself that your aim in helping is to make people independent and strong in such a way that they are able to support others too. Remind yourself that your help should never make people weak.