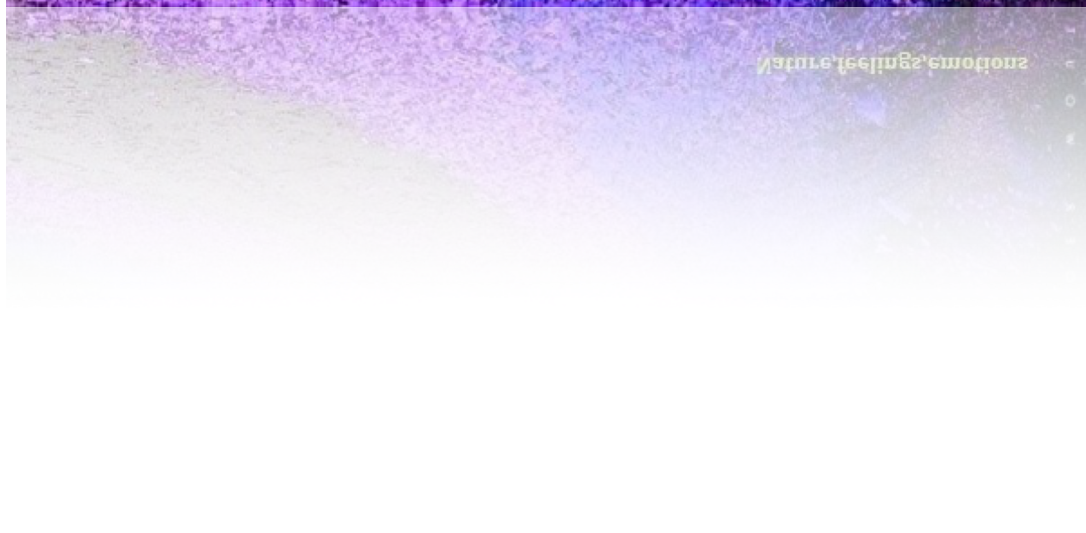


Today's Thoughts: March 09, 2020: Am I Happy?



Am I Happy?

If there is any sadness I make a strong effort to be free of it quickly, otherwise it grows like a vine in the rainy season: by midday I will be confused; by evening a whole jungle of weak, wasteful and negative attitudes will have taken deep roots in my mind. The result equals chaos. Sometimes I reach a stage where the attitude is: "So what if I feel the blues today? It is my life; no one else will be affected". Firstly, the more I allow myself to experience sorrow, the less time I have available to be happy and contented. It sounds ridiculously obvious, but am I aware of the value of happiness? It is an extremely rare commodity, and the cost goes sky high. Secondly, is it my life? Yes, I am living it, but am I not a member of a family or a co-worker with others, and am I not part of society? If so, then every movement affects and is affected by those around me.

Loosen Up

Do you easily get uptight about things? Is it because you're trying to control everything? Is it because you take everything too seriously?

Loosen Up. Focus on the things that you can have an impact on and learn to accept everything else that's out of your control.

And lighten up. Smile more, laugh more and see the humour in life, instead of taking everything so seriously.

Taking Responsibility, Overcoming Guilt (Part 2)

If there are people or situations that lead you to fall over the same stone i.e. they lead you to make the same mistake, which was committed earlier, again, **perhaps you will have to avoid them for a few days or a time, until you have strengthened yourself and have the inner security that they will not influence you.** This is not running away; it is wise knowing your weaknesses and knowing that to get into similar situations with the same people is only to repeat the same errors and to worsen your wellbeing and that of the other. Trust in yourself. You can overcome these mistakes and stop making them. It is a question of loving yourself and living. Out of love, you stop hurting yourself and hurting the other.

Crying over past mistakes, you don't mend anything. Open yourself to forgiveness. **Raise the level of your thoughts so that they don't keep you in a state of sadness and loss of hope.** Don't allow your inner judge to sentence (punish) you each time that you act, since that way you won't feel free. Your judge that you carry within makes your life bitter; however, it is you that gives this judge the capacity to exist. **If the inner judge is in harmony with our conscience, it is good, because it wants to protect us.** On creating guilt it warns us that we have broken a rule of our code of beliefs, values or behaviors. It alerts us to the fact that we are acting against something important of ourselves. At those moments it helps us to observe and question what is real, true, important and even sacred in our life and for us.

(To be continued tomorrow ...)

Soul Sustenance

The Influence Of Your Thoughts, Intentions And Attitude On Your Destiny (Part 2)

We can define three basic types of actions:

- 1. Actions which are impure, negative and unclear.**
- 2. Actions which are pure, positive and clear.**
- 3. Actions which are neutral.**

Impure actions are those that are influenced by negative intentions, anger, ego, bitterness, fear, rage, revenge, lust, attachment, dishonesty, greed, laziness, jealousy etc. Positive actions are influenced by good intentions and attitudes. They are actions ruled by kindness, forgiveness, love, joy, peace, humility, generosity, sweetness, empathy, trust, unity etc. Neutral actions are not dictated by a negative or positive consciousness and do not cause a negative or positive result. Everything remains as it was. If you do something with the intention of bringing benefit to someone but it does not give the result you desired, you will not receive a negative return, because your intention was good. However, **if you carried out an action with the intention of hurting someone, with emotions of revenge, and that action did not hurt the other in the way that you wanted, you will still receive the return of the energy that you have radiated or thrown into the Universe.**

We have to *pay*, or, in other words, we have to reap what we have sown or have thrown into the Universe, through our actions, attitudes and intentions. This is called paying off *karma*. That is, we have to settle the accounts in order to clean the soul of the marks left on it by its negative actions or intentions. We also reap the fruits of the good seeds that we have planted.

Message for the day

To give regard to others' ideas is to be a learner.

Expression: The one who is open to the ideas of others is the one who is able to learn from everything. He is humble and has respect for all. He has the authority over what he does, he is the master and is yet open to learning.

Experience: Even when my best plan and ideas are rejected or criticized, I am able to remain cool and light because of my regard for others and their ideas. Because of this I am able to constantly learn and experience progress.