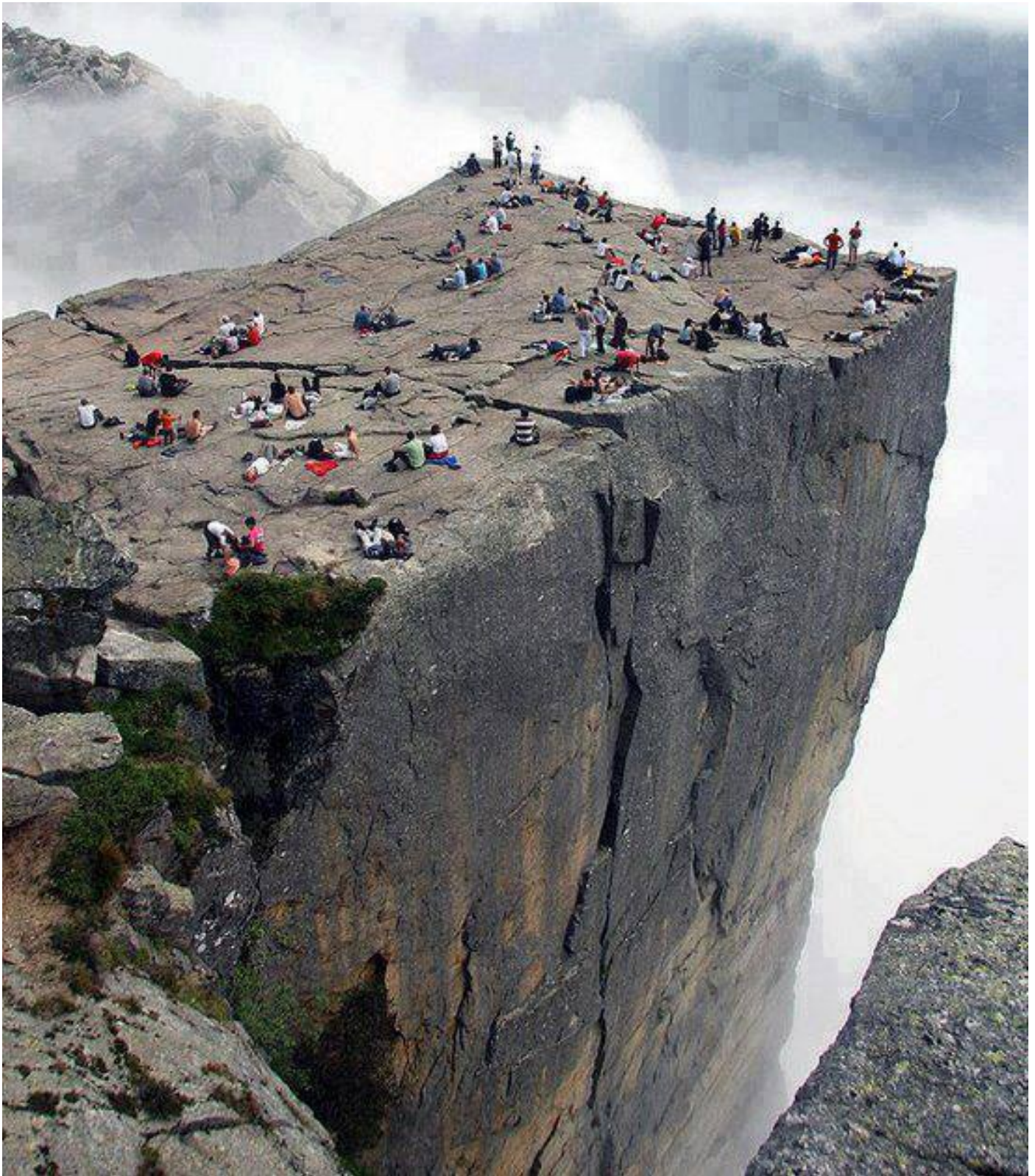


Today's Thoughts: March 24, 2020: Live Fully



Preikestolen cliff Norway

Live Fully

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

No Expectations

Often, we offer suggestions to other people on how things should happen, how we would do it, or what we think works best.

If they don't follow our suggestions we may feel hurt and react, because we're expecting things to happen "our way." According to us, "our way" is the "right" way!

Try this instead: offer suggestions with no expectations attached. And if they don't follow your suggestions, you'll accept and respond more positively. Who knows, you might just discover that "a different way" is a "better way", after all!

Being A Good Transformation Agent (Part 2)

If you go inside yourself and observe, with sincerity, your feelings towards someone that you consider unbearable or intolerable, you will see that your **perception** (way of looking at them), your expectations and your bad feelings make you feel that the other is unbearable or intolerable. You have allowed the other to influence you in the creation of your bad feelings. You have lost compassion (kindness) and the capacity to accept and understand the other.

Being a good **transformation (change) agent** requires having full control over your inner world. **If you are the victim of your rapidly moving mind, your bad feelings, your aggressive emotional states and of your not-very-healthy habits, you will easily feel yourself to be the victim of others, of circumstances, of time and of society.** In relationships, the key is in living with your consciousness awake and not to do anything that your conscience does not agree with. In doing so, you don't have to fear the opinion of others. You don't have to feel insecure or doubt yourself. If not, we will continue to act against our own consciousness and we will feel ourselves to be victims. To avoid pain or the unhappiness that arises automatically when we act against our own consciousness, we look for guilt excuses: Because of... I haven't acted as I should. We blame or we make excuses. That way we suppress the voice of our consciousness until the suffering and unhappiness is such that our conscience scolds us, which increases our unhappiness even more. A good transformation agent will always obey the voice of the inner conscience. By remaining in tune with our conscience and creating right thoughts, words and actions, it becomes easier for us to move from victim consciousness to transformer consciousness (one who brings about change).

Soul Sustenance

Creating Positive Habits

Some habits do not upset us, but others can cause irritation, frustration and desperation. We want to rid ourselves of them: but how? When we look at the creation and fulfillment of thoughts, it looks like a closed system: the thoughts lead to actions, the actions create a series of impressions (sanskars), and these impressions are responsible for similar thoughts, which lead us to similar actions, this is a vicious cycle. If we want to change a habit, then where do we start? In other words, where do we change the system or how do we get out of the cycle? First of all, we can try changing our negative actions: for example, stop a mental negative habit like anger or a physical one like drinking. In many cases, although we change our behaviour, but because we have not understood deeply why we wanted to do it, is quite possible that one day we will go back to this old habit.

We can try changing this system in our subconscious. By analyzing what is recorded in our subconscious, through different therapies, the results are not altogether satisfactory. There is always some traumatic event, or painful experience behind a fear which causes us to cling on to a negative habit. And although we can see and recognize our fears and anxieties, if we do not replace them with something better, with a more beneficial and healthier alternative, very often we will feel tempted to cling on to these old systems, even though they do not work and they make us unhappy. To eliminate certain things we have recorded in our subconscious, meditation and silence are the most effect non-violent methods. Another method is to try and change our beliefs with positive affirmations (thoughts) that strengthen our willpower, and thus introduce a new habit to replace the old one. It is vital not to repeat this affirmation mechanically, but to introduce it into the system of beliefs we hold, and act as if we already were what we express in this affirmation.

Message for the day

Life's situations are a game for the one who is prepared to face challenges.

Expression: For the one who is a skilled player, every situation, however challenging it may be, seems like a game. Even the most difficult situation is faced bravely, knowing that it has come to teach something and increase the skill within. So such a person becomes a source of support to those around during difficult times.

Experience: When I am aware of my own skills and specialities, I am able to face all life's situations with lightness and confidence. I enjoy everything that comes my way. I also am able to experience progress as I use all situations as a means for further increasing my own potential.