

Today's Thoughts: February 14, 2020: Look for Goodness



Artist: Oleg Shuplyak-Hidden Images

Look for Goodness

There is goodness in everything. Our goal is to find it. In every person, the best is there. Our job is to recognize it. In every situation, the positive is there. Our opportunity is to see it. By seeing the goodness, we'll be naturally enthusiastic and our lives will be richer.

To be content and make others content is the best way to get good wishes.

Whether others are good to me or not, I need to develop the art of being content. I can be content when I appreciate what I have rather than just expecting from others or situations. When I am content, I can provide others too from my own reservoir. Thus, I will be able to give the experience of contentment to others too. This is a simple way to earn good wishes from others, filling me more. Today I will not let anyone go away from me empty handed. I will ensure that every person that comes to me, gets some positive experience or is connected to something positive in his own life. This will keep me busy giving and will make me free from expectations too.

Switching On The Consciousness Of The Soul To Experience Peace

During the initial stages of meditation many wasteful thoughts do come. This is due to the soul's old habit, since many births, of thinking aimlessly. The mind has been attracted or repelled by everything and everyone. The soul has been pushed around from waves of one experience into another, exposed to different scenes. So, after such a long journey, in the present moment, it finds itself stuck in negative cycles of worry, doubt and confusion, which it must break by recharging itself with its own original characteristics of peace, purity, love and joy. **Meditation is this recharging process with which we channel good, constructive and positive thought energy into our moods.**

I must make sure the engines of my senses are not burning up the vital fuel of inner peace. The soul does not grow or diminish but only experiences change in its happiness or unhappiness, peace or peacelessness etc. The very word peaceless suggests that I was at some stage peaceful. I now know that I had peace in the soul world. I can see how peace is the real oxygen for the soul. When I do not have it, I choke and become spiritually breathless and look for it everywhere. I am a soul and I have my own inner store of peace from which I can draw at any time. I do not need to practice complicated breathing exercises or difficult physical postures for the same. **I can experience peace by switching on the conscious of the soul wherever I am, driving, cooking at home or when busy at work.** Thus meditation is a continuing experience rather than a static one.

Soul Sustenance

A Journey To Happiness Or A Journey Of Happiness (Part 2)?

It is worth wondering that obstacles on the life journey can be temporary obstructions in our achievements, but not obstructions in our happiness. Only then the journey of life will be a journey of happiness and not a journey to happiness. One of the most important ways of remaining happy during the journey with many challenges co-existing at the same time is increasing the wealth of our thinking. **The right type of thinking will make us happy even if there are unfinished tasks or goals or life events which we are keenly anticipating to get over.** Raise the bar of your thinking on a challenging day and see how rich and full you feel internally which will make you *pure happiness* conscious and not *challenge conscious* and also not *date conscious*, the date when the challenge will be overcome which you cannot wait to see unfold in front of your eyes. The source of rich thinking is a choice for you to make which we will not thrust upon you but do make a good selection and feed that source every day to your mind before leaving for work or starting any day-long activity which keeps you occupied.

Also, have you heard the story of the woodcutter who used to work very hard the whole day but used to not cut much by the end of the day without realizing the reason for the same. This went on for many days until one fine day someone suggested to him that why don't you sharpen your axe? He did that and his tiring days got over. Likewise we go on and on the whole day in search of different life purposes without ever sparing a thought that our axe which is our strengths, specialties and skills, needs to be sharpened. **Not a single day should pass without experiencing our strengths, positives and special personality traits including our unique talents.** You might wonder how we will experience these? The path is simple – by bringing them into the playing field of practical action. This will not only make you fuller, but along with that, both - the practical application of these unique positives inside you and the pure happiness due to the high self-esteem experienced will pave the path for the faster fulfillment of your ambitions.

(To be continued tomorrow ...)

Message for the day

When each one is working towards a common task, cooperation becomes easy.

Contemplation: To get others' cooperation you need to share the task and the information regarding the task with others. When you communicate your motives using easy and simple language, everyone can understand and feel a part of the whole and they would naturally contribute their best.

Application: Any new task that you take up make sure you inform all the details to everyone related to the task. Even the minutest details when communicated to others, helps in creating a priority in them to give their best to the task.