

Today's Thoughts: January 07, 2020: Week or Weak - it's a choice!



“Adam and God” Artist: Michelangelo Buonarroti (March 1475 – 18 February, 1564):
the scenes from Genesis on the ceiling of the Sistine Chapel in Rome

Week or Weak - it's a choice!

Without GOD, our every week would be:

Sinday,
Mournday,
Tearsday,
Wasteday,
Thirstday,
Fightday &
Shatterday.

Remember seven days WITHOUT GOD makes one WEAK!!

Self-trust

We all have moments of doubts when we question our abilities. It's when we start to believe and accept our self-doubts that they can sabotage our performance and overshadow our enthusiasm.

Every minute that we spend in self-doubts is a minute that could have been invested in planning, preparing and thinking constructively.

Get over self-doubts and get really good at self-trust.

Think: "I have the capacity to do whatever comes my way." Take an action with trust, and move forward!

Providing Emotional Support To Your Loved Ones

What do we do when friends and loved ones come to us for, and expect emotional support from us? Spirituality teaches us the right technique of providing emotional support - the technique of detached involvement, which is the technique of not being overawed, of not being affected ourselves by the emotions of others. **If a friend, colleague or any loved one is upset and we also get upset (because we love them - that's what we normally say), we cannot provide them the necessary support or the assistance to see why they are reacting emotionally and how they might change the nature of their emotions by themselves.** True love for someone would mean that I am able to provide them that. While being concerned is fine, but by becoming upset, seeing them upset simply aggravates the situation and adds fuel to their fire.

By remaining detached, we can be more effective in our ability to care, listen and help them think clearly about the situation, they find themselves in. Only if we are stable, and that can happen only when we are detached, will we be able to provide them stability. We can encourage and empower them to change their negative reaction to a more positive response, and thereby generate a healthier energy. If we become over-involved in someone else's problems, there is a risk that our own judgment will be affected negatively. This is why making decisions and choices under the influence of your own and others' emotions is normally ineffective.

Soul Sustenance

Being A Good Transformation (Change) Agent (cont.)

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).

Message for the day

To be in the awareness of our own specialty is to be free from negativity.

Projection: When we perceive negativity in others, we find ourselves very easily influenced by it. We then react negatively to them and are not able to maintain our own positivity. All our specialties remain hidden in such a negative atmosphere and we continue to be negative too.

Solution: Like a rose we need to maintain our originality and uniqueness while being amongst the thorns. Instead of blaming others and their negativity for our own negativity, we need to practice being positive and working with our original qualities. Then we will never complain but will always use our own specialties.