

Today's Thoughts: January 19, 2021: Don't lose Today



Don't lose Today

If yesterday was lost in grief, don't lose today and tomorrow by
keeping it in your memory.

Self Conversations And Their Significance

A very important subtle activity that we all indulge in for a lot of time in the day is having conversations with the self, sometimes consciously and a large number of times without even being conscious of it. **We need to be extremely careful about what the quality of our conversations are because self-conversations** very strongly influence our perception i.e. the way we see ourselves, others, situations as well as our personalities and also mould them. If channeled properly, **they can be constructive i.e. ones that empower the self; if not, they can be destructive i.e. ones that bring the self down or weaken it in some way or the other. They possess immense potential, both positive and negative, if we want we can use them to liberate us or they can even limit us.** We can judge, criticize and threaten ourselves or praise and encourage the self in a positive way. It's important to create thoughts of acceptance, respect and approval for ourselves, even if situations don't go the way we desire or expect. Such positive conversations help rise above the dependence on what how people see us and what they think and talk about us, making the self extremely powerful.

Positive self-conversations are not fantasies or disconnecting from reality and a few minutes given to the activity do a lot of benefit and no harm at all. They can be done by detaching oneself from actions when we have an **emerged conversation** and our complete focus is on the conversation and we do nothing else at that time or whilst being involved in actions. Some actions like going on a drive, cooking, having a meal or simply taking a walk or going on a jog allow self-conversations to take place alongside. At these times we give less mental energy or attention to the conversations i.e. we can have a **merged conversation** so that the respective action is not affected adversely in any way. We can choose how much mental energy to give to the activity, depending on the karma alongside.

Simplify simple

Simple means: making things easy; having priorities organized; keeping things short and sweet; maintaining a clear focus.

Living a simple life is a nice idea, but not so simple in a world that's complicated & complex.

So let's simplify simple. Take one small area of your life today, for example, your email inbox, kitchen shelf, your handbag... Simplify one small thing and expand from there. What will you simplify tomorrow?

Message for the day

A personality of royalty lies in being constantly cheerful.

Thought to Ponder: When we see someone with positive qualities, even during negative situations, we really admire their positivity. It could be patience, wisdom or any other positive quality that comes across. But much more than that, it is the happiness or contentment that is visible in the form of a cheerful face. This is the true personality of royalty that we too need to make an attempt to imbibe.

Point to Practice: Today I will smile at whatever happens. Even if something goes wrong, I will find something to learn from it or something positive and be happy for it. Even if I can't find it right away, I'll at least take the thought that this has happened for a reason, because I know whatever happens, happens for the best.