



Time to Understand

Most people don't understand themselves or others. We need to make time for this. We get too impatient. Very often, because we are not willing to take this time, misunderstandings continue. We don't take time to listen to someone quietly and try to understand them. Then we start inventing things about them, because we simply haven't taken the time to understand.

Reliving The Memories Of The Past (Part 1)

Have you ever spent a complete day pondering (thinking) over events that have taken place a day or a month or a year ago? Do you know that the thinking capabilities of the mind are overused when we deviate the energy of our attention to a set of thought patterns which are based on an already passed past, forgetting the rebuilding of a positive future can be done simply by focusing on the present set of circumstances and being pro-active and efficient in shaping it to make it the best. A very common habit that each one of us holds inside us of reopening events that have already folded in the reel of life and mixing them with the current state of affairs and creating a negative future because our perceptions of current situations get influenced negatively by doing the same.

Remaining focused on the present is sometimes seen as over-positive thinking by some and also seen as remaining disconnected from the past, which is very much the truth of the state of affairs of your life. **A balance has to be struck between being forward looking i.e. taking care that the past problems do not re-occur in the future and at the same time not worry about the same.** There is a fine line which differentiates concern and worry. While remaining concerned does involve thinking about the past, on the other hand, worry means the same but the only difference that in the case of worry, thinking exceeds the necessary thought level, crosses it and touches the unnecessary and sometimes even exceeds that, entering the sphere of waste thoughts and for some even beyond that into the sphere of negative thoughts. On the other hand, remaining concerned means your thoughts remain limited to the spheres of the positive and necessary and at the same time you take the right action to prevent the past mistakes from happening again. Also, one who is concerned and not worried while remembering the past, will use the past as a stepping stone to enter a future which is free from the shadows of negative happenings of the past.

(To be continued tomorrow ...)

To understand the uniqueness of every individual is to love unconditionally.

Everyone is unique with their own unique set of specialties. When I understand and appreciate the contribution they make, I will be able to value it. My love then becomes unconditional. I don't expect people to behave in a particular way because I know they are right in whatever they are doing according to the part that they are playing. Today I will appreciate and love unconditionally. I will think of one person I have been having problems with. I will remember this person and the expression of his qualities through the role that he is playing. I will also appreciate the contribution in my life. It is because of this person that I have learnt some quality or the other (maybe patience, harmonizing or any other quality).

Message for the day

To have the aim for self-transformation is to be easy and light.

Expression: It is up to me whether I want to ask questions and get stuck in them or pick out a point of learning and move on. When I have an aim of bringing self-transformation, I will be able to use all circumstances for my own progress, without blaming or giving excuses.

Experience: Today I will pick up one point from all that happens to me, that can be a point of learning. I will bring about a change in that aspect, without thinking about why it happened or who is to blame. I will be free from questions and simply implement what I learnt for self-progress.