

Today's Thoughts: June 20, 2020: Give Up the Habit of Worrying



Give Up the Habit of Worrying

As we grow in strength in our spiritual life, we give up the habit of worrying. It serves no purpose other than to make us feel tense and miserable. When I stop fretting about things that are beyond my control and focus instead on generating optimistic and kind thoughts, my life can begin to flow in ever more positive directions. Such a light and easy approach to life enables me to take everything in my stride.

Practical Positive Response Training To The Mind (Part 2)

If I believe that I am just the physical body and that my thoughts are simply results of chemical and electrical processes in the brain, and not something I can consciously control, I let go of the key of taking charge of what is going on inside my mind. In meditation, my intellect recognizes and realizes that my thoughts are my own creation, of me the soul and not the body and that I, the soul, using the intellect, which is also a part of the soul, can make choices about them.

When I realize that my natural state is to be the master of my mind and not to be dictated by it or dictated by the brain, I start taking charge of what is going on inside. When I practice being a master of my mind repeatedly by practicing meditation regularly, the new habit of creating only positive thoughts settles inside me and my habit of responding negatively with a negative state of mind to negative situations, begins to change over a period of time. I start responding positively even to negative situations. So, meditation is a major transformation process of the habit of thinking negatively, which then has positive results on my personality and behavior.

Tomorrow we shall further clarify the process which has been explained in today's and yesterday's message, with an example.

Live in Now

Wallowing in disappointment and dissatisfaction, doesn't change the past. Getting wrapped up in the past, limits our ability to enjoy the present.

Make peace with the past. And find the lesson.

Fold the past away neatly in such a way that if and when you need to unfold it again, only lessons of benefit are visible.

Message for the day

To see only problems is to become the one who only takes service.

Expression: When there is the practice of seeing only problems in all situations there is the inability to find solutions and act effectively. All the resources that could be used for the benefit of the self and others remain hidden. Such a person becomes dependent on others for finding solutions and a source of pity.

Experience: When I am caught up with problems and not able to see anything else, I am unable to experience progress. I find myself moving backward losing a lot of things I have. I would not be able to retain my self-confidence and would become dependent on others.