

Today's Thoughts: July 25, 2020: Stability



Light House in Portugal with a High Wave from a Hurricane

Stability

Amidst the earthquakes of unexpected situations, the hurricanes of unreasonable behaviour, when fortune strikes against me, I will remain unmoved, knowing that finally all will be well.

Awakening The Positivity Within (Part 2)

Do you know that on an average we create a new thought every 2 seconds or even less than that? This speed increases very regularly when we panic and are in discomfort or under the negative influence of an external situation. We call it external because the *me* or *I* which is internal is not the creator of the situation. Even the physical body is external. **Except for situations from my own negative personality characteristics, which are completely the creation of the internal *me* or *I*, all other situations are external.** Examples of situations in the form of negative personality traits which are completely internal are – on a particular day I feel gloomy or sad without any particular reason or on a particular day I experience thoughts of ego of my own nature or positive qualities or powers which are all internal. Sometimes I experience fear but there is no particular person or object or situation which I fear, it is just a passing phase and I am just frightened for no particular reason or on another occasion I feel I am unsuccessful although everything in my life is going fine. On another day I am worried about falling ill, although I am completely fit and nor have I met someone who is ill or listened to any news regarding poor health, but my worry is completely self-created. These are examples of situations created completely by me.

Then, there are situations from my own personality characteristics which are triggered by outside situations, where something that I read, saw or heard has caused a negative personality characteristic to emerge inside me. Examples of such situations are – my friend has been more successful in his or her academic career and seeing that causes thoughts of jealousy to emerge inside me. In this case, this is my self created situation but it was triggered by another person or external event. He or she did not cause me any harm and did not create the situation but I created the situation only because of my thinking. Another example of such a situation - I fear my boss at office solely because of his position being superior to me. He or she is a very nice person and is extremely polite with me and never tries to dominate me, but I feel dominated because of my thinking. Or another day, I heard a piece of news about how people are dying of heart attacks and this creates thoughts of fear inside me although I don't suffer from any symptoms like uncontrolled high cholesterol or high blood pressure which could possibly lead to that.

(To be continued tomorrow ...)

Do you have the habit of rehashing decisions already made?

If the decision is not working out for you and you're not happy, then see if changing your decision is an option. If it is, then change it.

If you don't have the option to change your decision, then like with anything else, just take the opportunity to make it work for you!

Message for the day

You will be truly successful when you are loving and detached with the ones you come into contact with.

Expression: With all the people that you come into contact with throughout the day, check if you are able to have a balance between being loving and detached. Detachment doesn't mean to stay away from people, but to be with them and yet be detached.

Experience: Make the practice of seeing only specialities, your own and that of others. This will enable you to maintain your self-respect and you will be able to find yourself both loving and detached.