

Today's Thoughts: August 05, 2020: The Wonder of Silence



The Wonder of Silence

The disease of anger needs the medicine of tolerance; the pain of disappointment needs the medicine of hope; the violence of revenge and spite needs forgiveness; fear needs courage, ego needs self-respect. Through inner silence we receive the strength to heal.

Projection Of Mental Energies In Relationships

Sometimes in relationships, **you believe that the other person is hurting you because they do not meet your desires, but in such cases how can you know if it is really true?** Let's go a step ahead; **does the belief that they are going to hurt you influence the situation until in the end it happens?** Perhaps they won't hurt you. Your belief that the other is going to hurt you is not so powerful that it will necessarily affect the other person. But it affects you yourself. They may not hurt you at all finally, but you will end up hurt, you will become emotionally ill, even psychically ill sometimes. The symptoms will begin to show themselves and you will say: Did you see? I feel hurt, I keep telling you so. So your belief caused you to get hurt and not the other.

The other person isn't you. **In relationships, a moment comes when you don't know if it is their fault or yours, if it is their responsibility or yours, if that person has caused the irritation inside you, or if it was you, if that person began the argument or it was you, if they created the conflict or if it was you, because we project (throw) our energies onto each other.** All of this drives us to frustration. A lot of power, negative or positive, is needed for a person to be able to influence others with their consciousness, it is easier to influence ourselves. This is a basic principle of human relationships, which we don't understand. We don't understand, and the reason is that we don't see ourselves, because we are always looking at the other, putting the responsibility onto them, blaming them, criticizing them.

Same inside and out

Often we project an image of ourselves that we want the world to see.

And at the same time, we unconsciously project an image of who we really are.

The result is a blurry image; two versions superimposed upon each other that just confuses people as they can't quite make out who we really are.

If you would like your image to be seen clearly, be the same inside and out.

Message for the day

To be seated on a powerful stage is to ensure right decisions are made.

Thought to ponder: A king or a judge is seated on a seat, weighs the pros and cons and only then makes decisions. In the same way while making any important decisions, I need to set myself on a powerful stage of confidence and self-respect. Being in this stage, I need to look with detachment and make the decision. Even if I have already acted impulsively, I need to relook. Because decisions made with the wrong state of mind are usually wrong too.

Point to practice: Today I will first check the quality of my thoughts before I make any important decision. I am going to stop, change my thoughts, create a powerful stage and only then make decisions. This will make my decisions right and fruitful. I will be free from the negative impact of impulsive, hasty decisions.