

Today's Thoughts: August 12, 2020: Introspection



Introspection

Introspection is the attitude of going inside when it's necessary. It is especially applicable before a task or a busy day. The result of going inside is peace and calmness, which gives clarity to the intellect for making right decisions. Introspection does not mean avoiding the world, it means going inside and getting empowered to act along with others.

Crossing Negative Situations (Part 2)

The challenge lies in knowing what the strategy is to learn to live through negative situations without allowing them to influence our emotional and mental state.

In order to achieve that, in the first place, we should change our interpretation. Instead of interpreting the situation as an obstruction, interference or barrier to our path, we need to change our perception. We can ask ourselves questions like: What has this situation taught me? What does it say to me? Remain detached, observe and listen before reacting immediately. From detachment, observation and listening we can have a more practical and wider perception.

We are the creators of our realities. Reality, in itself, does not create for us stress, pain or unhappiness. It is our way of looking and interpretation of reality that brings about these reactions. Therefore, we have to review how we perceive situations and with what beliefs we interpret and judge them. Reinterpreting the situation, the concrete reality, implies allowing the old perception to die in order to make room for a new vision. Without the old dying, the new cannot be built correctly. Instead of seeing people or situations as obstacles on the path, we can see them as opportunities to practice patience and tolerance, to know how to listen, thank and love. They allow us to widen our capacity to co-operate and enlarge our heart so that we might be more generous.

(To be continued tomorrow ...)

Listen to your Conscience

The voice of our conscience is not to induce fear or guilt, but for positive guidance.

Our conscience is our moral compass that guides us to shift in a positive direction when we've done something wrong.

Why not take your conscience to the cleaners regularly.

Examine if there's anything on your conscience. Listen to your conscience.

Let your conscience prod you to clean up your act and become a better you.

Message for the day

To be free from expectations is to have freedom.

Thought to ponder: When I expect others to behave in a particular way, and they don't fulfill these expectations, there is sorrow. I slowly become totally dependent on others' behavior for my state of happiness and wellbeing. Since others will mostly not behave according to what I want them to, I feel mostly deprived.

Point to practice: Today I will be a giver instead of a taker, whenever I am faced with a difficult situation. Let me check within, what I have and give from it. It could be a simple thought of understanding, positivity or even a good wish. When I do this, I will be free from the bondage of expectations and disappointments.