

Today's Thoughts: September 28, 2020: Trust In Others



## Trust In Others

Trust in others wins co-operation from them. To have faith in others also means reinforcing other people's faith in themselves. This naturally increases their self-confidence and creates enthusiasm. Then they become better able to respond to positive feelings and access their full potential. If I notice someone I work with is not co-operating with me I need to check my own faith in that person. When I am able to appreciate them for their own unique qualities, my faith in that person will grow.

## **Seven Techniques To Let Go Off The Past (Part 3)**

**Correction** - Memories inside the soul are like imprints or impressions on the soul. Some impressions are deep, some are not. Negative past experiences leave very deep negative impressions or scars on the soul, which sometimes take a lot of time to heal and sometime an entire lifetime can be spent without them getting healed. Negative past experience imprints and negative emotions like anger, hatred, attachment etc. are closely linked. So, correcting the self or incorporating positive *sanskars* fills the spiritual self with positive impressions. This, over a period of time, nullifies the effect of these negative impressions and as a result, the related negative memories.

**Donation** - Donation can be simply defined as the distribution of the invisible attainments one has experienced through spiritual self transformation, to others. It helps one receive blessings or positive energy of those whom we donate to and gives life a focused positive purpose, both of which help us immensely in forgetting our past. People who live only for themselves will find it more difficult to forget their past as compared to ones who spend a lot of time for others. Giving happiness to others helps us in forgetting our griefs.

**Interaction** - The more we interact with and remain in the company of positive minded people and have positive conversations with them, we give and receive positive energy and the more our past gets erased from my consciousness. Spirituality teaches us to look inwards and experience introvertness, which we haven't experienced for a long time. At the same time, spirituality also teaches us to keep a balance between looking inwards and outwards. Composed and balanced extrovertness and healthy, happy relationships with virtuous people help us remain more in a present consciousness, not giving the mind to drift too much into the past.

## Are you reacting or responding?

Each day brings new situations. The way we respond to those situations creates our attitudes, habits and our personality.

Rather than react, give yourself a moment to understand the situation and develop a considered response.

## Message for the day

**To use the treasure of thoughts well is to get richer with all other treasures.**

**Thought to ponder:** The biggest treasure is the treasure of thoughts and all other treasures can be got on the basis of using this one treasure well. If I continue to think waste and negative, I will not be able to use other resources well. On the other hand, if I create positive, powerful thoughts, like iron that is without rust, I will be able to attract the magnet (all good things) towards myself. I become aware of my treasures and I find them growing too.

**Point to practice:** Today I will keep a balance of the account of my thoughts. I will keep checking from time to time the quality of my thoughts. If I find that thoughts are negative, waste or even ordinary; I will create a positive thought and sustain for it a minute at least.