

Today's Thoughts: October 16, 2020: Remain Cheerful Within



Remain Cheerful Within

When faced with problems it can seem difficult to maintain inner cheer, the mind gets caught up with more and more negativity, fear or worry. Because of this, the problem seems bigger than it is and we lose the ability to find solutions and work constructively. The first step I need to take when I recognize a problem is to smile to myself. When I make sure I am happy within, I know that every situation will pass and has something to teach me. Then I will find solutions come more quickly and easily.

Frozen Perceptions

Like water, which over a period of time freezes and takes the form of frozen ice cubes, when kept in an ice tray; perceptions **of different things, people and events, inside our consciousness, which come onto the surface of our consciousness regularly i.e. we shape our thoughts, words and actions based on them, regularly, take the form of rigid perceptions over a period of time.** These rigid or *frozen perceptions*, which sometimes never liquefy in our entire lifetime, are commonly called our beliefs, which can stick in our consciousness like ice cubes and be difficult to uproot at times. **One of the greatest harms that holding to a set of beliefs does is, that it doesn't let us see from other peoples' point of view.**

Let's say two people look at the same painting from two different points in a room. One describes what she sees and how the painting looks to her. Then the other describes how the painting looks to him. Both perceptions are bound to be different to some extent. They are different because they look from different angles, different *points (places) of viewing* in the same room. So who has the right view? Neither. But what both of them see is right from their point of view. Another e.g. is, there is Mrs. A at my workplace, whom over a period of time, I have been seeing from a certain *point of view* and have started perceiving to be inefficient. Bringing this perception into my consciousness repeatedly has frozen this perception inside my consciousness and it has taken the form of a belief, which may be incorrect or correct, partially or completely. Now even if three different people who have all seen Mrs. A from three different *points of view* i.e. in three different set of circumstances, and have seen three different shades of the same virtue i.e. efficiency in her; come and share their different, but all positive and right perceptions with me, depending on their respective circumstantial view, I will not agree with them and not respect their perception because a person with unfrozen perceptions would at least give a hearing to others' perceptions, but someone with frozen perceptions, i.e. with fixed beliefs, is not able to that and is not able to empathize with or see from others' point of view.

"What do you want to be when you grow up?"

Well, now that you've grown up, what do you want to be?

Adaptable, energetic, calm, effective, generous, happy.... there are endless qualities and abilities that we can still develop.

Each day is a new day to decide what you want to be.

And then just be it.

Message for the day

Introversion brings out the positivity within.

Thought to Ponder: Every human being has an innate positive nature because of the inherent qualities of love, peace, happiness etc. that are within. Introversion, the practice of looking within, enables one to be in constant touch with oneself and one's true nature. It helps express these qualities in everything that is done. Because of having practiced for a long time with them, these qualities emerge very naturally at the time of need.

Point to Practice: The practice of being introverted helps me in experiencing those qualities within me, which otherwise remain hidden during difficult situations. Thus it makes me have true self-respect and enables me to finish my ego. It also gives me the power to recognize and accept my mistakes, thus giving me the courage to work on them successfully.