

Today's Thoughts: November 01, 2020: Useful Things



## Useful Things

Remember only useful things and there will be no need to even think about forgetting anything painful.

## **Rising Above Limits And Mental Barriers (Part 1)**

Rising above mental limitations, which are obstacles in our life journey and slow our progress towards our life goals, is an important spiritual skill that we need to be trained in. **A limitation or a barrier is a self created thought which reduces our power of determination and power to succeed in any life sphere.** Suppose I have a broken relationship with a loved one, like a parent or a sibling (brother or sister) or a life partner and that causes a belief to set inside my mind that I have been unsuccessful in handling a relationship well. The belief can result in a negative perception that all relationships are sorrow giving and that perception then starts flowing in our actions and people whom we are close to do not receive the positive energy from us which they should, the energy which will make that particular relationship work.

Also, sometimes we do not know why a particular person is distancing himself from us when our words and actions towards the person are what they are expecting? In these cases, our mind has been imprisoned by an incorrect belief like the one shared above and that has affected our perception of the other person negatively. The energy of that perception constantly travels to the other person and hits him or her which causes the other person to respond to us in a manner which is different from what we would like them to. So, the **mental limit** is in the background in these cases. **It is a self-limiting thought or series of thoughts which we constantly create either consciously or sub-consciously.** Suppose, I have fared badly in a school exam in one year. As a result, I have formed a series of mental barriers in our mind like – *I am not so sharp or competitive* or *I am a nervous exam giver* or *I am not so intelligent* or *I cannot succeed*. Such barriers are strong mental forces which are like hammers hitting on our mind and personality and causing a negative impact on future events of the same nature, in this case the giving of another school exam.

(To be continued tomorrow ...)

**Don't engage yourself in thinking about others because of jealousy.**

If anyone tells you wrong things about others, then hear but don't hear.

Don't speak about such things and spoil the hearts of others.

Hear no evil, see no evil, speak no evil, and think no evil.

### **Message for the day**

**To pass with honor is to enjoy the journey of life.**

**Thought to Ponder:** Just passing through a situation is nothing great. Even the most difficult situation has to end some day. But the one who makes effort and is prepared beforehand, passes through the situation with his head held high. It is like traveling in air conditioned class, that means I am comfortable. The journey is as important as the destination.

**Point to Practice:** Today I will sail through the day with the right consciousness. In all that happens through the day, I will keep my mind happy and comfortable. Even if things go wrong, I will not let anything go wrong inside. I will resolve what comes my way and if I can't, just for today I will make sure I'll postpone worrying about it for tomorrow.