

Today's Thoughts: December 15, 2020: Benefitting others



USA President Jimmy Carter, Egyptian President Anwar el-Sadat and Israeli Prime Minister Menachem Begin after the Camp David Accords were negotiated on September 17, 1978. Sadat and Begin were jointly awarded the 1978 Nobel Peace Prize for their efforts.

Benefitting others

If someone is doing something wrong, instead of risking your peace by raising complaints in your mind, ask yourself, "What can I do to benefit that person?"

Viewing Situations Positively (Part 1)

If you look at the world around you and judge people based on how they respond to different situations, you will realize and know that there are some people who will look at situations from a negative view point very easily. A view point literally means – viewing from a point a particular scene in your life. Obviously the point of view as we say is different for each person i.e. the point from where someone views a particular scene is different for each person. It's like a painting on a wall. I can see the same painting by standing at different points and I will see the same painting differently. That is what we mean by perception or the angle of viewing or the point of view. Sometimes one painting of life or scene in life will be seen by ten different people from ten different positions of the mind and they will see it differently or in other words they will react differently. And because we look from different viewpoints or have different perceptions, life for some is like a joyride and for some it can be a roller coaster ride i.e. a ride with ups and downs where you are shaken up and down very often or in other words become unstable emotionally.

When looking at situations, choose the most positive mind position to look at them from. That is the secret key to having a mind space which you own, in which the experience of virtues like happiness, contentment and power exist and express themselves freely. How to choose the best mental position to look at a scene of life or in other words how to have the most positive perception for a situation? This depends on your personality, which the good news is, can be changed. **Meditation is the most beautiful technique of connecting yourself internally using the power of visualization to the sweet personality of God and absorbing His virtues.** This brings the virtues inside your mind space in the form of good quality thoughts and on the basis of that creating positive perceptions or positive view points when looking at situations.

(To be continued tomorrow ...)

Inner cheer is destroyed by a conscience which bites.

Learn to do everything in a worthwhile way. It's an art which teaches you to appreciate your inner beauty (It makes you think twice about ruining it, too)

Don't be hard on yourself when making a mistake. Its much more effective to be handles with love. Telling the self off is a terrible habit, it subtly shapes a nature of sorrow.

Finish the business of thinking of rubbish and instead take delight in all that you've found

Message for the day

The one who has faith is always victorious

Expression: The one who has faith, has total faith in the self and in the progress of the self. The one who has faith is always successful because he gives his best in everything he does. He is never deterred by obstacles but progresses constantly.

Experience: When I have complete faith, I am able to experience lightness even when I am faced with my weaknesses, because I have the faith that I am progressing. I am able to learn and improve from everything that happens.