

Today's Thoughts: December 27, 2020: The way to get what we need is to give



The way to get what we need is to give

If I am not getting what I want or need, I may need to adopt a different approach. Instead of focusing on my own desires, I need to understand that perhaps I'm not getting what I want for a reason - perhaps I'm not ready for it yet. If I concentrate instead on what I have to give to others, I will find that what I need comes to me naturally.

The Power Of Concentrated Thought (Part 2)

One important component that doesn't let us remain in the healthy and positive experience of concentrated thought is the many different types of influences we are exposed to in our life. There are two different types of influences – **external** and **internal**. These influences can also be called voices. Voices from outside as well as inside speak to us.

External influences or voices are of people whom we come in contact with at home, at the workplace, at school or college, at the club, in the media etc. or elsewhere. These people are those whom we either see as equals or look upto. They could be our friends, our parents, our spouse, our teacher, our guru, our doctor, our neighbor, our colleagues, our boss, actors or sportsmen whom we admire, even the daily newsreaders or writers, etc. We have been exposed to these influences right from the time we were born. **The influences from all these people are not necessarily on a physical level, they can also be on a subtle level of mental vibrations from others.** We interact with all or some of these people and spend time with them and whenever we do that they advise us or give us their opinion on a physical level and we also listen to their voices on a subtle, emotional energy level e.g. we spend a lot many hours in the office. We may not interact with our boss all the time but his personality is constantly influencing everyone in the office on a subtle level, including us. The office environment is shaped largely by the head of the office. In the same way, we may be taking care that we listen only to the positive voices of the media and we do not listen to the negative ones, but the all pervading negative atmosphere that exists everywhere due to everyone being exposed to the news of violence, sorrow and impurity from the media, definitely influences us on a subtle level, even though we might not realize it. As children, we have been listening to the subtle voices of our parents, even when we were taking shape in our mother's womb.

In tomorrow's message, we shall explain what our different types of internal influences or voices.

Stillness

Have you noticed how silence stimulates creativity? Silence doesn't have to mean no talking, no thoughts, and no sound. Silence can be experienced even in the midst of noise, thoughts and conversations.

Simply concentrate your attention on stillness. Still your attention and you create silence. Silence makes space for the mind to breathe and for creativity to percolate.

Message for the day

To seek richness and potential in everything is true positivity.

Though to Ponder: When I have the eye for seeing potential, I am not caught up with any weaknesses of the present. I am able to see, even in people, the promise of what they can do and become. When I do this, I will be able to help people discover the latent potential.

Point to Practice: Today I will free myself from seeing waste and negative. And if I do see, I will make an attempt to see something positive and beautiful. This slowly becomes a practice, which helps me be positive, under all circumstances.