



Banish Worry

Worry is otherwise known as 'fantasized catastrophizing' where we create an image of the future and use it to frighten ourselves! Be aware that you are doing it, then stop doing it, otherwise the image will become a self-fulfilling prophesy. Imagine only the brightest future, and so it will be. Besides there is nothing to worry about... unless you are under the illusion that your well-being and security are dependent on material things. If they are, then you will have many ways in which you can create worry. Possible loss, damage, separation, uncertainty are but a few. Look, you're killing yourself with worry, all because of the misuse of your imagination. Don't do it.

Limiting Influences On Your Decision Making Ability (Part 2)

With whom does the choice to make your decisions lie? Are you going to be dominated by your fears and others' negatively powerful influences, which paralyze your judgment power and confuse you sometimes or are you going to exercise your choice? **When someone dominates you, they control you and make you feel irritated, frustrated and weak; they satisfy their own ego like that by controlling you and bringing you under their influence.** You need to decide if you are comfortable being a victim of the other by being the one who satisfies the egos of others. It is not a very healthy attitude, on their part, but it happens in many relationships and we fall prey to that, because of a lack of spiritual power. Get back your personal ruling and controlling power and do not be afraid to be free and responsible for your choices. From today on, promise yourself that you will not allow your husband or wife, or children, or your friend, or mother-in-law, or your office colleague, anybody for that matter, influence the power of choice, the power to decide, that you possess. In the end, that way they will be happier; perhaps not at first, because a power game is created. Your personal freedom will lead to a healthier relationship, in the long run. **Its fine to take an opinion or a viewpoint or support from someone, but there is a fine line between that and being controlled by someone, which we, many a times cross, and become a victim.**

You are free when you take responsibility for what you are and how you feel. In meditation you can realize everything that has influenced you and know how to clear it, so that only the highest, the most positive influence you. This depends on each one of us. In our present society, there are many influencing factors, from the most negative, violent, corrupt and mediocre, to the purest, highest and most spiritual. It depends on each one what you want to consume and allow to be influenced by.

Bring your Heart Close

When we're annoyed with each other, our hearts become distanced. And as the distance between our hearts increases, our tone gets louder. We say words that widen the distance between us.

Next time you find yourself getting louder because you're annoyed; bring your heart a little closer. Cover that distance by opening your heart to understand another better.

When our hearts are closer, our tone is softer. And as a result, we're able to hear each other better.

Message for the day

To finish the burden of the past is to move forward with lightness and speed.

Thought to ponder: Throughout the day, I may not have that much attention on myself. I may not be able to sustain a thought that I had taken for myself. But before I go to sleep, I need to check myself how I was throughout the day and hand clear out all my fears, feelings etc and go to sleep. This practice will make my sleep peaceful and the next day will be beautiful too, because there is no burden of the baggage of the previous day.

Point to practice: Today I will talk to myself and God before I go to sleep. I will write down all my doubts, fears and feelings to Him. I will become light in my mind and go to sleep peacefully. Because I will, then, look forward to a brighter tomorrow.