

Today's Thoughts: July 24, 2020: Love



Love

Sow seeds of peace by remaining rooted in the awareness of how loved, loveable and loving you are.

Awakening The Positivity Within (Part 1)

Positivity is our nature which we sometimes lose in our busy lifestyles. It is like the necklace which is around our neck, but we don't realize that and we search for it all around. **When we start the day, we need to fill our minds with a positive source of points of information which strengthen our mind and protect it from the negatives which surround us.** Very often like the necklace, positivity is lost temporarily and is very easy to find, but the negative influence does not let me think of the ways of becoming positive and regaining it.

There was once a rich trader who always found a reason to become upset because of the smallest of reasons during the day. Every morning he would decide to remain positive during the day and would promise himself that he would not let his mind be influenced by any difficult problem he faced, but as soon as he used to start his trade or business, because of the complicated nature of his work, he would fall prey to one or the other problem either from the work itself, or through the money he handled, or from his work associates or sometimes due to a problem created by his own mind. A mind that easily succumbs to difficulties can be compared to a home where a little problem in the form of a little mouse enters and brings disturbances in the whole house. When the house owner manages to get rid of the mouse and thinks everything is okay, a cat enters and adds her side of troubles and has the house owner go busy in trying to get it out of his premises. The cat is then followed by the dog's entry and the whole day the house owner spends in this way. The moral of the story is - the one who remains disturbed attracts disturbances, which he keeps trying to send away and this process or mindset of trying to keep problems away and becoming over-involved in doing that, in turn attracts more problems. So, **remaining calm when the first problem of the day comes and not becoming over-involved in trying to keep it away is the primary step to keeping problems away for the whole day.** Calmness attracts a problem free environment around me and also keeps me content, powerful and peaceful.

(To be continued tomorrow ...)

Competition, when used positively can motivate us to grow and learn.

But we can easily become too focused on beating competitors and get affected by their performance. It can discourage and distract us from focusing on improving our game.

Instead of competing with others, compete with yourself.

In your daily routines, at work, home, in exercise, challenge yourself to better your previous efforts. Raise your own personal bar higher and build on your capabilities. Harness your personal strengths and compete with your own potential.

Message for the day

A powerful stage is like a switch which finishes darkness of negativity in a second.

Expression: Darkness is dispelled when a light is switched on. Similarly, a powerful stage is also a light switch. When this switch is on, one can put an end to all wasteful darkness and no longer have to labour to stop any wasteful thoughts. By becoming powerful, one can naturally become a donor, as there is nothing waste within.

Experience: When I am aware of my positive qualities and what I can contribute to others, I am able to be powerful. This naturally enables me to be light and spread the inner light to others. I am never influenced negatively with any kind of waste or negative, but am always able to maintain my own positivity and that of others too.