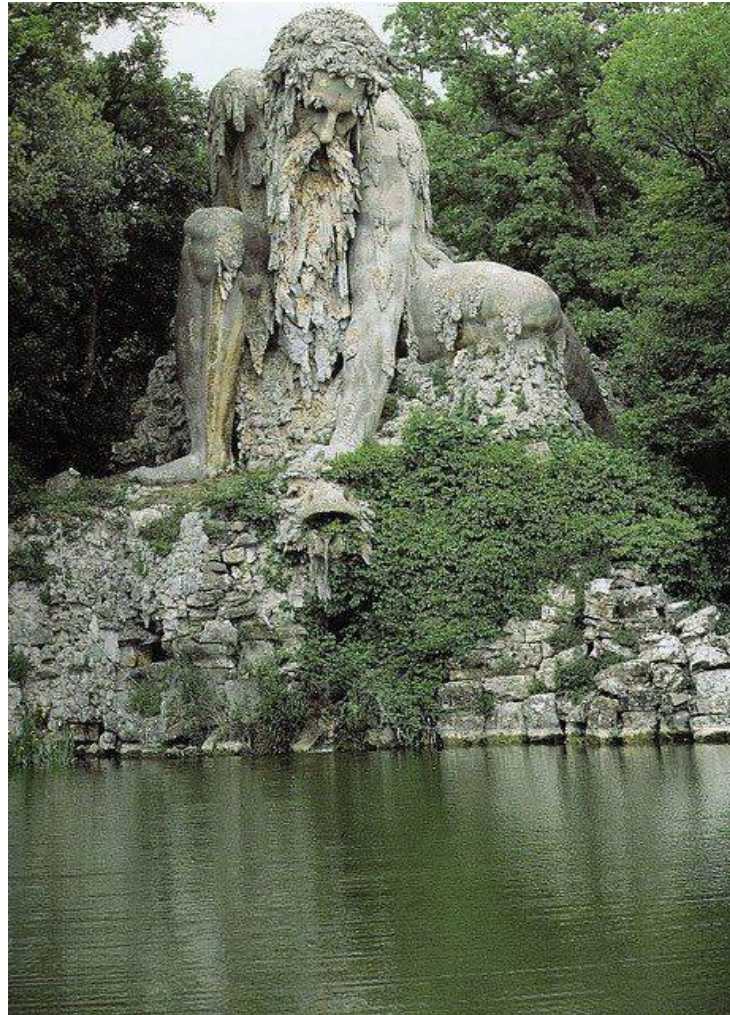


Today's Thoughts: October 14, 2020: Tirelessly Working To Bring About Change



The Appennine Colossus, just north of Florence, Italy

### **Tirelessly Working To Bring About Change**

The one who is tireless works quietly to make changes in themselves and others. When things go wrong, tirelessness enables me to work toward bringing about a change without complaining. Like when we add bricks to build a foundation no one notices the actual work, but the result speaks for itself. Sometimes it can be difficult to adjust, especially when the adjustment required is due to someone else's mistake. When this happens I have to have faith that this is my contribution to bring about a change. When I adjust and adapt to the situation without feelings of negativity, I will find things changing for the better.

## **Shedding Off The Attachment To A Positive Past (Part 2)**

**Excessive attachment to a glorious past is a subtle shade of the negative emotion of ego which colors my present perception of external events and which affects my present actions and responses, as a result of which not only present but my future is also affected.** As I hold on to it, my creativity is reduced and I do everything with a limited perspective, not letting myself grow and shape up a glorious present and future. There are some people whose goal is to achieve something so great in their lives so as to ensure they will gain recognition and respect by others in time to come. This is again a subtle shade of attachment and ego.

But shedding off this type of attachment is not easy and first requires the realization that this attachment is incorrect and damaging. The next step is sitting in silence and becoming aware of how you lose your identity in a story of past thoughts, feelings, emotions, attitudes and actions and then disassociating or detaching yourself from that story. **You do not need to suppress or deny or fight with this story; otherwise its memory gets stronger and more overpowering.** You just need to simply see and realize deeply that your past is just a record of a particular set of actions, which you committed at a particular point of time, it is a series of images of previous events that you witnessed and that you were a part of, all of which have left a record in your memory, and in the memories of others, but they are not what you are. This type of practice of disassociation with spiritual understanding fades the excessive memory of the story in your consciousness over a short period of time and these actions then cease to influence you in any way in the present. Here we are talking about an influence, which we have for long deceived ourselves into believing to be a positive one, but which in reality is not.

## Getting Respect

Do you want people to respect you? If you want respect, respect yourself first. How do you expect others to respect you, if you don't respect yourself?

Acknowledge your value, your talents & all the goodness that is within. At the same time, practice humility & be respectful to others. Respect yourself & others will most likely respect you.

## Message for the day

**To say yes is to have access to the best of qualities.**

**Expression:** Whenever life offers something challenging, it is important to just say yes without worrying. Automatically, this new challenge brings out new qualities that I may not be aware of before. If I say yes and yet have worry or tension, I cannot use my qualities. I will also not be able to use others' help.

**Experience:** Today I will accept one challenge which I have been avoiding. I will take it up with the firm faith that I can succeed in it surely. I will then use all my resources to achieve what I set out to achieve. I would then find that others too would start cooperating and other resources will be available to me.