

Today's Thoughts: January 17, 2019: Always look on the Bright Side



Castle Swallow's Nest, Ukraine

### **Always Look On the Bright Side**

A pessimist sees the difficulty in every opportunity; an optimist sees opportunity in every difficulty.

## **Have Patience**

There are many reasons why people oppose each other; misunderstanding, resistance to change, competitiveness. If someone decides to hold on to their negativity, no amount of analyzing or reasoning can ease the situation. At such times, only patience and more patience will help a closed mind gently unfurl itself.

### **Relieving The Stress Of Subtle Inner Burdens**

All of the matters, messages, ideas and feelings that you want to communicate and/or clear up with someone but you still haven't done, mean an inner burden that you sustain. To communicate the essential, and what has meaning to people that you love and are important for you, is an act of love and care. To leave pending conversations and to postpone them means to accumulate things to say, matters to clear up and ideas to dialogue with, inside you. It means a burden that prevents you from living the present with full freedom. You have something pending. There are people who, only on the verge of death, quickly say what they feel, to clarify matters and to communicate feelings. It seems that feeling death to be near gives them the courage to dare to open themselves and communicate that which they have wanted to say for so long but have put off.

Sometimes we feel the burden of not having expressed our feelings to a closed loved one, before he/she has died, about how grateful we are to them or/and how sorry we are for some incorrect action committed towards them. We put off the expression of the feelings until it is too late and the loved one dies. Even after a long time after that, we continue to feel the burden of the postponement within. What might have been, and was not, can no longer be fixed. We simply have to accept how the past happened and not live with regrets that increase our inner heaviness. We have to learn from it, not put off conversations, but clear up matters as they arise and not be afraid to do so.

(To be continued tomorrow ...)

## **Soul Sustenance**

### **Fulfilling Desires By Changing Your Belief System (Part 2)**

We have been holding a lot of incorrect beliefs as to what can lead us to back to our eternal and original state (these states were discussed in yesterday's message) and many of our actions are based on these beliefs. We have mentioned a few examples of incorrect beliefs below. There are many more, which you could reflect on.

**Lust and attachment increases love in a relationship.**

**Anger is necessary for success in relationships and is important for getting work done and gaining respect. It provides a mental upsurge of energy.**

**Greed attracts physical prosperity and brings happiness.**

**Ego is power; a person with no ego is generally timid or submissive.**

**Worry prepares us for the worst, worrying for someone close is expressing our love for them.**

**Being emotional and crying for our loved ones in bad times, is expressing love for them. Being emotional and crying in good times is expressing and experiencing joy.**

**Gossiping increases social bonding and gives one an experience of joy.**

**Jealousy inspires us to do better and achieve more.**

The Supreme Teacher changes our belief system and not only makes us aware of these incorrect beliefs but reconditions us by incorporating correct beliefs inside us so that we start performing *karmas* or actions based on them and start progressing towards our eternal and original state.

## Message for the day

**Patience enables one to easily overcome obstacles.**

**Expression:** Usually, when faced with obstacles there is an urgency to remove it without any proper planning. That means we want to overcome the obstacle without putting in any effort. And when it is not possible, it tends to create impatience and frustration in us.

**Experience:** It is important to do some internal work to overcome an obstacle. First, it is good to check to what extent there is faith in the self. With faith in ourselves, we need to plan out before we act to remove or overcome the obstacle and we will, then, find ourselves successful.