

Daily Positive Thoughts: October 25, 2013: Appreciation



Artist - John William Waterhouse

Appreciation

If I cannot appreciate what I have at the moment, how can I value what the future has in store?

The Secret of Fullness

There is an immaculate eternal and constant space within you hidden under different appearances. In that space there is only peace, love and wisdom. Let go and free yourself from the layers that cover that space and you will uncover the secret of life of fullness.

Revising My Purpose In The Professional Sphere

A young entrepreneur once thought that, in the corporate world, if you earn this much amount of money successfully in a short span of time, you are considered better than the remaining entrepreneurs and you reach the peak of fame. A time arrived when he said to himself "This is stressful. Is this what I want? Working so hard to reach the top, so that you become famous in the entire country and are known amongst the fastest growing businessmen. No, I want to excel in my career, but in another way, without stress, without fighting to reach and maintain fame and power." He then revised his purpose: "What do I want? Why do I do what I do? For what and for who do I do it? What is the price that I have to pay for this dependence on fame?"

Aspiring to be famous causes continuous stress and anxiety. You participate in a race in which you compete and are comparing yourself constantly. You stop taking care of yourself and nourishing your inner self. You take care of your image but not your inner being. This brings about an inner emptiness and loneliness that, sometimes, is unbearable for us. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, a broken apart family and a sick body, causes anxiety and depression. We need to look inwards and ask ourselves - does our life's purpose revolve around the search for fame and power? If yes, then we need to revise our purpose suitably by realizing the negative effects that this search can have on our lives.

Soul Sustenance

Analyzing Success And Failure (cont.)

For many, society has conditioned us to look for success through the path of our career, achievements, profits, praise, financial wealth etc. That way, we have learned a narrow view of success. Running in search of this kind of success and pursuing it, we come to exhaust ourselves, get burnt out and depressed.

In order to achieve these successes we have stopped caring for the inner being (the soul) and relationships. That has meant and means stress, pain, anxiety, family break ups, personal and relational disintegrations, the destruction of the environment and planetary and climatic imbalances. As a consequence, we feel empty. Although we achieve the applause, the income and other successes, the soul is malnourished and has the sensation that it is lacking something. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, broken up family and a sick body, causes depression which explains why, in our recent history, famous people have ended up committing suicide.

If we want to redirect our personal and collective lives toward true wellbeing and wholeness, we have to re-evaluate and redefine our beliefs and factors that lead to success and failure.

Before asking yourself what success and failure mean for you, it is important to be clear what context you want success in. Depending on the context, the dimension and the meaning of success and failure will be different. For example, in the work context, a failure will be different to that in the family context. In the personal context or in life in general, the way of perceiving success or failure varies.

Message for the day

To be special means to have a gift for everyone we meet.

Projection: Usually we are ready to give physical gifts to people but when it comes to being a giver in the form of understanding or love, we cannot always be a giver. We usually begin to expect from others.

Solution: We need to make sure that we have a gift for everyone we meet; it could even be a smile or a kind word. When our focus is on what we have to give, we will be free from expectations from others. This will make us truly special.