

Daily Positive Thoughts: September 02, 2013: Responsibility



"Living Water" by Howard Lyon

Responsibility

Let me take responsibility for myself and not have expectations of others.

As you do, so you become

Every action that you perform is recorded in you, the soul. These imprints ultimately mould your character and destiny. When you understand this principle, you will pay more attention to bringing you best to everything you do.

The Law of Focus and Attention (cont.)

Yesterday we had explained the Law of Focus and Attention. Today we continue to explain the same:

If our attention is focused on people's defects and weaknesses, we transmit energy to these aspects and strengthen these weaknesses in the other person and in ourselves. If, on the other hand, our attention is directed at the positive aspects of others, we reinforce these qualities and virtues and help this person express them, which is also beneficial to us.

Our personality is made up of a series of values, beliefs and habits. If we wish to transfer our energy to new and positive aspects of ourselves, we must choose the personality traits that we want to emerge from us, focusing our time and energy on them and, in this way, this virtue, value or quality will manifest itself in our life.

Soul Sustenance

Resisting False Attractions In Actions

All that glitters (shines) is not gold. Life presents you with many illusionary scenes, scenes in which what may be visible may not be the truth. These scenes cause desires to be born inside you to achieve something unnecessary for your prosperity or other types of fulfillments. These can be illusions that make you believe that you will gain something from a situation or person, without the same being true. Thus, you waste time going down a path that not only leads you to disappointment; but you also waste the resource of your thoughts and energy and as a result you tire yourself out emotionally and mentally.

If the intellect is polluted, you make incorrect judgments and are easily deceived by situations or people. Thus, you will make incorrect choices, dishonest or illogical decisions. **You will justify dishonesty and improper actions and you will be incapable of differentiating between the real and the imaginary.** A person with a pure, clear, clean and powerful intellect will act with honesty and sincerity. When your intellect is polluted, you may act against your own conscience or against your better judgment; you also may be insensitive. A person with a doubtful intellect will always justify a dishonest act. Meditation is the process of purifying and cleaning the intellect, because in meditation we connect with the purest intellect, the intellect of the Supreme Soul or God. Meditation is also a process of inner awakening and strengthening of your conscience. **Being awake means to realize, and being strong means to act according to what you have realized.**

Message for the day

To recognize the uniqueness of one's own role is to be free from negativity.

Projection: When we find things going wrong with us, we sometimes wish for a change in our role. We begin to compare ourselves with others or wish for something better in our life, which makes us lose all our enthusiasm. We, then, make no effort to better our role.

Solution: We need to recognize the importance of our own role. Like an actor who doesn't make effort to change his role but brings perfection to his own role, we, too, need to concentrate on our own role. The recognition of the importance of our own role and the desire to bring excellence to it makes us free from negativity.