

Today's Thoughts: July 29, 2020: *Seeds of Thoughts*



Seeds of Thoughts

Every thought is a seed. If you plant crab apples don't count on harvesting Golden Delicious.

Limiting Ourselves In Comfort Zones

We are basically unlimited beings. But we limit ourselves in many comfort zones. We have a lot of conditionings which, in reality, are mental.

Some mosquitoes were put in a box and they kept jumping a lot. The box was covered from the top and each time they jumped they hit the top of the box, and when they jumped too close to the right or the left they hit the sides of the box. Slowly, to avoid harming themselves, they learned to jump just under the cover and without reaching the sides of the box. One day all the four sides of the box were opened. The mosquitoes were free, but they kept on jumping as far as the limit they had learned. The physical limits were no longer there. But they had become conditioned mentally. The same thing happens to us. We have to open the sides of the box and take off the top, or we can continue to live inside the box created by our own mind.

Given below are some conditionings under which we work, because of which we do not experience complete freedom.

- **Beliefs**, acquired since our childhood, which limit us.
- The **negative images of low self esteem** that we have created of ourselves.
- The damaging **thoughts of doubt**, which does not let the highway of trust to build up inside ourselves and does not allow the creative energy of positivity to flow from inside us to the outside.
- The **fear of failure** or not being to able to succeed completely. A lot of times the fear exists due to past experiences of failure or not having succeeded as much as you would have liked.

We need to become aware of what our pattern of thoughts is, which brings us under the negative influence of mental conditionings. When that happens, we will be able to become free of these conditionings. While we do not become aware, we will continue to remain under its influence.

Like a Butterfly

Like a caterpillar crawling from leaf to leaf,
we get too comfortable with the routine of our lives.
We forget that we were born to be a butterfly.

All we need to do is let go of our comfort zones,
build a cocoon of transformation around ourselves and
dream of our true colours.

Like the butterfly, we too can emerge from the cocoon
to the warm rays of the sun; unfold and spread our wings,
and discover our capability for flight.

Message for the day

To receive respect from others comes more with responsibility than as a right.

Expression: The one who gets respect is the one who becomes worthy of it rather than the one who just expects it. True respect comes from how well a task is done rather than what is done. The more one's speciality is expressed, the more one becomes worthy of respect.

Experience: When I go on giving my best in whatever is expected of me, I will start receiving respect from those around me. I will then never expect from others but will naturally be able to give respect to all. This further makes me earn their love and regard.