

Today's Thoughts: January 03, 2021: Less Is More



Less Is More

Fear less, hope more;

Eat less, chew more;

Whine less, breathe more;

Hate less, love more and all good things are yours.

The Power To Transform Situations (Part 1)

Very often while going through our life journey, we come across different types of surprising scenes which leave permanent scars on our memories and are difficult to erase even after many many years have passed. **What makes these different types of negative episodes so difficult to overcome and why do they have so much power in them that they can influence our consciousness so much that life is not the same again, after they have passed?** What makes forgetting negative scenes so demanding for many and not so much for others? Why is it that the power to face a negative situation is less in some and much more in some others?

Take an example of an accident. Sometimes suddenly in a plane crash, a few hundred people lose their lives and leave behind a few thousand people who are close to them, either friends or relatives in sorrow. But, some are able to overcome their sorrow after a few days, some take months and some years. So, it's a completely different set of responses. Each person has their own response, based on different factors. We all experience different situations almost every day. Life is not without twists and turns and as time passes, relationships become more and more complex, natures of people around you also become more and more different from yours, work at the workplace becomes more and more challenging and competitive and also many different physical and mental illnesses are on the rise. These are some of the common spheres of life where almost everyone in the world is facing problems. Even the human mind today is not as simple and content as it was around 50 years back. Weaknesses like lust, anger, greed, attachment, ego, jealousy, hatred and low self-esteem have made people extremely complex which further increase the magnitude of the problems in their life. So how do we face them with ease?

(To be continued tomorrow ...)

Observation

It is far better to observe than to absorb every word, feeling and attitude, to get over-involved, or react too much.

Observing gives us the patience and clarity to think, act appropriately.

Observing creates an inner focus that allows us to see reality.

Message for the day

Honesty brings success in relationships.

Expression: Honesty means being the same inside out. Honesty with oneself helps one to bring about constant improvement in the self. Honesty with others enables one to relate positively under all circumstances. There is no rudeness but there is an openness that brings about love towards the other person.

Experience: When I am honest, I am able to experience progress in my own life and others are benefitted too with my own self-progress. I am able to maintain harmony in my relationship with others because I am open with them and I find myself successful in my relationships.