

Today Is a Breakout Day: Make It a Success

It doesn't matter what happened yesterday. Whatever happened is no longer within your control, but what happens today will be influenced by the way you think. Therefore, think of today as a "breakout day" because "you always tend to move in the direction of your thoughts."

It's easy to be negative. It's easy to get mad, become resentful, or want to take revenge. It's almost a "natural reaction." Sometimes it's easy to dwell on mishaps, obstacles, problems, and potential setbacks. Frustration may develop (like allowing the last bad shot in golf to become an obsession and ruining the rest of your game). It's not always easy to get over something bad and to turn it into something good -- but it can be done. Make an effort to be positive. It takes mental strength. At times it can be extremely difficult to maintain a positive mental attitude, especially when things seem to be going "downhill" over an extended period of time. (But, isn't that when we need positive influences the most?)

Being positive is no accident, but neither is being physically fit. Both require effort, both are results of successfully going through the appropriate routine on a regular basis. In fact, there appears to be a high correlation between optimistic people and people who exercise regularly. It's true!

Exercise can work wonders! If you haven't been, start exercising a little everyday -- both physically and mentally. Walking is a terrific way to start. Perhaps walk a little further, take the stairs, clean the house! You'll feel good about yourself at the end of the day (and this is so important). It takes a little effort, but the results are amazing. Doing exercises is one circumstance that you can create which will positively affect your attitude (and, in turn, positively affect all your other circumstances)

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Let the mud settle – Lesson for LIFE

Once Buddha was walking from one town to another town with a few of his followers. This was in the initial days. While they were traveling, they happened to pass a lake. They stopped there and Buddha told one of his disciples, "I am thirsty. Do get me some water from that lake there."

The disciple walked up to the lake. When he reached it, he noticed that right at that moment, a bullock cart started crossing through the lake. As a result, the water became very muddy, very turbid.

The disciple thought, "How can I give this muddy water to Buddha to drink!" So he came back and told Buddha, "The water in there is very muddy. I don't think it is fit to drink."

After about half an hour, again Buddha asked the same disciple to go back to the lake and get him some water to drink. The disciple obediently went back to the lake. This time too he found that the lake was muddy. He returned and informed Buddha about the same.

After sometime, again Buddha asked the same disciple to go back. The disciple reached the lake to find the lake absolutely clean and clear with pure water in it. The mud had settled down and the water above it looked fit to be had. So he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up at the disciple and said, "See what you did to make the water clean. You let it be.... and the mud settled down on its own - and you got clear water.

Your mind is also like that!

When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless."

What did Buddha emphasize here?
He said, "It is effortless." Having 'Peace of Mind' is not a strenuous job; it is an effortless process.....

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