

UNDERSTANDING THE HUMAN CONDITION 2

1. You are what you think you are - your thoughts shape your attitude, moods, responses, behaviour, in fact your whole life. You have the choice whether to be enslaved by life or to be free. What you need is to learn how to use your mind to liberate yourself from doubt and fear.
2. Reciting positive thoughts is extraordinarily powerful and is arguably your greatest asset. So much of your time is spent thinking wasteful and negative thoughts, largely because you do not have a conscious reign on your mind. If you look closely at your life, you will see how the flow of negative thoughts has created in you a variety of negative moods, attitudes, and perspectives. When you spend more time thinking positive thoughts, the way you feel inside alters dramatically and your everyday experience of the world substantially changes for the better.
3. We may not be able to change the world, but we can change how we are affected by the world. Many of us believe we have no choice, but the one choice we always have, no matter what we are faced with, is how we react to the events that emerge on the stage of our lives. If we realise that we can choose calmness over anger, love over hate and tolerance over prejudice, then we can begin to see how it is possible to be positive and happy, simply by making the choice to walk that path.
4. When we stop hiding from ourselves and pretending to the world, we can begin to find our true nature. For most of our lives we have performed according to our audience, as we have pursued our need to be liked and accepted. The need to belong is so great that we have given up who we really are without even knowing it. It is this loss of ourselves that leads to us feel that something is missing in our lives. To find our way back to our true nature, it is critical that we practice giving ourselves those things we need to be whole. This practice of giving what we need to ourselves is the gift of self-love.
5. Loving yourself is not a process of vanity, selfishness or arrogance, these things are in fact evidence of insufficient love of oneself. Self-love is about walking a path of respect, making space and time to meet your own needs (emotionally and physically). Extending love and kindness to yourself is the only way to heal your wounds. It is only with a gentle, patient, understanding approach that your true nature can ever emerge.
6. Making mistakes is part of the human experience and to deny your mistakes, or to brutalise yourself for them means, you cannot move forward in life. Mistakes are a training ground that provide you with the opportunity to learn and to see things more clearly, enabling you to move on to the next stage in your life, but this only happens if you give yourself permission to make mistakes. Giving permission does not mean actively setting out to make mistakes, nor is it an excuse for what you have done. To the contrary, it is the realisation that you can only change when you properly examine yourself and your actions; and your mistakes are an important part of that self-examination.
7. Healing begins by acknowledging the many contradictions that exist within you. Whilst you condemn and criticise yourself you can never move forward. What is needed is to turn your condemnation and criticism into love, compassion, and forgiveness for yourself. Then the tide of events will begin to flow in a more positive direction and self-improvement will naturally follow.