

Article – March 2012



Life Skills

'Every thought we think is creating future.'

Every thought leads to an action towards your defined goals or undefined aspirations of your future. You live to create relations and do any activities or karma that allows your present to create your future, your desired goals, your undefined aspirations, your happiness, peace and freedom.

Let's create thoughts in our present for our better future. Let's create ourselves new us.

- *Do you have stress?*
- *Do you have confusion?*
- *Do you have anger?*
- *Do you have fear?*
- *Do you have irritations?*
- *Do you feel upset or sad?*

*If you have **yes** to the above questions, then you are most welcome to read this article.*

The stress, confusion, irritation, anger, fear, upsetness all are the unwanted guests whom we allow to reside within us. They are the dark sides of our lives and keep following us wherever we go. They are nothing else but our own thoughts. They are the response or reaction to what is happening around us. It can be a conscious thought which we may be aware of it and can't do much about it or it can be a small talk or an argument we have about an event or circumstance or with a person that create emotional upset to us or it can be the silent conversation taking place around us as we could not deliver it to the person in appropriate manner or it can be the subconscious thought emerging out of our suppressed feelings towards a situation or a person. Either way, it originates from two major reasons, expectations and wants or desires. When we cannot match up with our own expectations towards ourselves/others or cannot fulfill our desires/wants, we have these negative sides constantly accompanying us or guests residing with us permanently.

Now is the question do we want these dark sides or guests?

If the answer is yes, welcome to the world of complications- the stress, fear, confusion, anger, irritation. If the answer is no, then it is so simple.

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Let's assume the answer to the above question is no, then let's see how simple is this. Let's surf through our thought waves skillfully. Every wave is an exhilarating adventure or at least an opportunity to learn something new. Learning how to deal effectively is just a skill anyone can learn. It's a skill similar to learning driving, swimming or cooking... It's a skill if you wish to learn. It's a skill if you really think you want it. It's a skill to just be aware of your thoughts. It's a skill for your smooth and simple life.

First is to be aware. Be aware whether are you happy, sad, fearful, angry or upset?

Simultaneously be aware whether each such emotion comes out of response or reaction to the situation or person.

Do we have the prior understanding about the situation or to a person as if we already knew that? Do we operate out of "already always"? Do we operate out of our similar patterns coming out of the same ways of thinking? Do we have the fight or flight response?

We need to be aware of our thoughts that drive us till this above situation.

Tell yourself- I am aware of my existence and purpose of true being. I am aware of my emotions.

Second is to be aware of what type of thoughts leading us to this situation?

So first put your thoughts into any of the categories listed below.

The few types of thoughts can be toxic, negative, unnecessary, necessary, positive and elated.

Give attention to your thoughts and allow yourself to know what category they belong to. If the thoughts are of worries and fear, they are toxic. If the thoughts are not forwarding you for that moment towards happiness or positive movement, they are negative. If the appropriate thoughts are not in conciliation with the action or work you do at that moment for the desired outcome, they are unnecessary thoughts. Once you are aware of your toxic, negative or unnecessary thoughts, you focus on the necessary, positive and elated thought that allows you to move towards a situation with peace, happiness, freedom.

Tell yourself- I am responsible for myself and my thoughts. I choose my thoughts and think in a manner that allows me to grow and remain happy.

Third is conscious communication.

Communication that is clear, concise and precise. Communication that is non-violent. Communication that comes out of love and grace.

Communicate in a manner that helps reducing stress, fear, anger, irritation, sadness, consciously. It is a skill to express your needs, wants or expectations appropriately and in the positive manner. It is a skill to understand we don't have to react to a situation. It is a skill to understand how to respond the situation out of love and grace. It is a skill to be effective in listening and responding in appropriate manner.

Tell yourself- I communicate clearly and appropriately, out of love and grace.

Fourth is to relax and connect to your body and mind. Meditate.

While the mind is constantly flitting to the thoughts either about the future worries and security or the fretful memories or baggage of the past, the body lives only in the moment of the present, the truth that exists.

Align your body and mind. Guide your body towards balance, harmony and happiness. Listen to your body. The most basic elements are

- *Feel what you feel. Don't talk yourself to denial.*
- *Accept what you feel. Don't judge what's actually there.*
- *Be open to your body. Your body talks to you. Be willing to listen.*
- *Trust your body. Every cell is a part of you, either you have billions of friends or allies.*
- *Value spontaneity. Emotions change, cells change, attitude change, behavior change. All is possible if your thoughts change. Change for your better.*
- *Enjoy what your body wants to do. Bodies like rest, activities, enjoyment of food, clothes..*

Meditation is a simple tool that takes us to a profound state of relaxation that reduces fatigue, stress, anger, fear, sadness. The breathing slows, mind calms and the body relaxes during the meditation. Just close your eyes and do few rounds of deep breathing, putting attention on how the stomach rises up and down with each inhale and exhale. Do this till your body is relaxed and mind becomes calm.

Tell yourself-I flow with the flow of life. I enjoy the physical existence on this earth, every moment.

Fifth is to make the right choices for you. Life always comes with choices. It is in your hand to make choice which to be happy, peaceful or to be angry, stressful.

Ground yourself all the time. There is no mystery to it. Whenever your body or mind gets distracted to the guests, relax yourself, connect with your mind-body. Keep your attention to who you are at that moment, a pleasure body or a pain body. Be aware of your thoughts. Choose your thoughts to the category you want. Choose your communications in a wise manner, and deliver precisely and consciously.

Tell yourself –I will make choices to maximize the positive energy in my body.

Sixth be aware of what interpretations or meaning you give to the event or situations or person.

When you learn to accept the situations the way it is or person the way he is, without being judgmental, analytical or critical, the situation will be easy to understand and the relationship with the person will be stress-free. you will be in touch with your heart or your emotions or your subconscious. This will help you experience empathy, compassion and love.

Tell yourself- I give and receive appropriate love.

Seventh be aware of who you are and what you want to be, at every moment and act accordingly. Each one of us is a human being, a spiritual being. Each one of us is energy.

We all are a part of macrocosm, super consciousness. We each individual are microcosm part, individual consciousness. Collectively we make the whole consciousness, a part of super consciousness. We all needs to be loved, cared, nurtured. We all need the same shelter, sky and same home, earth. Each one of us is a stream of energy to the huge pool of this Universal energy. Let each one of us be PEACE, LOVE, HAPPINESS in this world to feel and experience its positive energy.

Do whatever it takes for you to remain happy, enjoy, sing, dance, do yoga, do exercise, do the work that pleases you, create a social support of all the relations that defines your mental and emotional health.

Tell yourself- I am one with the Universe. The Divine communication speaks through me.

Love yourself like anything. Have a great relation first with your own self. Let's have our self belief be so profound to allow ourselves to be esteemed high in our own eyes. Let's love people unconditionally. Let's be new ourselves.

Tell yourself- I surrender my physical, mental, emotional, financial, social, intuitive, spiritual well-being to my Higher Divine Powers for my highest and best.

Love you all

With Divine Guidance

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