

## Design your Destiny with Positive Thinking

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The quality of your life is quality of communication with yourself. The mind is defined as flow of thoughts. It is your thoughts that make or break your life. Hence the importance of positive thinking.

It seems Dr Emile Cue, the first Psychiatrist while treating the patients for mental illness used to ask them to repeat the following statements twenty times in addition to taking the prescribed medicines:

“DAY BY DAY IN EVERY WAY I AM GETTING BETTER AND BETTER IN ALL RESPECTS.”

There are three states in which we operate from life. For every: ‘PARISHTHITHI’ there is a ‘MANASTHITHI.’ It is your response to the situation that decides your behavior which results in desirable consequences. What happens to you is not important, but what you do with what happens to you is most important. This happens only because of the positive thinking. Look at following examples:

Mohandas was thrown out of Train on to the platform along with his baggage in South Africa. But he threw out the British from our Country. Thus a Mahatma Gandhi was born.

Some lady saw a person lying on the footpath with no one to care. He was almost dying. But some one felt that even in death he needs his dignity. Mother Therasa was born.

Only once Siddhartha saw a human being suffering on the streets despite his father bringing him up in lavish lifestyle. A Buddha was born.

Human behavior is the result of thinking and feeling. If you observe closely, it is easy to understand that feelings are generated by the way you think. If you think “I CAN” you will feel better, if you think CAN I you will be anxious. If you think I CAN’T you will never attempt, which means you have failed even before you started. Thus life begins with positive thinking of “ICAN”.

Then follows the result of your action. If what happens is good that is grace of the lord, if what happens is not good, that is the way God wants to teach you a lesson. If you think thus, there are no bitter life experiences but you will also feel better. God gives you problems not to make you tumble, but to make you humble.

As you move forward in life there are various developmental stages. Ageing happens by default but growing happens by design. When you want to design your destiny it has to start with positive thinking. Your goal has to be positive, practical, personal and measurable. What makes it

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happen is constant affirmation and visualization. Affirmation is again positive statement which you repeat to yourself. Goal setting involves thus positive thinking too.

When your life is well settled and you have to manage your family, communication is most important. Your communication is always impacted by your positive thinking or else it will create resentment in the familial relationships. Look at the following situation:

Your son has brought marks card from the school and has failed in one subject. You can say one of the following:

“I knew your performance would bring this result only.”

“Let us sit together and see how you can get some help to study well.”

“You must be really feeling bad on seeing your marks card. I can understand that, I am here to help you to do well in this subject in the final examination. Tell me how I can help you.”

Your ability to think positively contributes to your life. Because when positive thinking becomes your nature, your subconscious mind makes it a habit to think positively in all situations. You will be winner for LIFE.

On every occasion where there is resentment, resistance, and hostility around us, let us not use it as an opportunity for making ourselves more uncertain, more unstable, and more insecure by taking it out on the other person and retaliating. Let us instead forgive and help the other person to overcome his problems, which means we will also be helping to eliminate our separateness.

**Eknath Easwaran**  
**on his critique “Bhagavad Gita for Daily Living –**  
**Bhagavad Gita - 2-55.**

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”

**Winston Churchill**

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“You have to learn the rules of the game. And then you have to play better than anyone else.”

**Albert Einstein**

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“You’ve done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.”

**Ralph Marston**

“The great thing in the world is not so much where we stand as in what direction we are moving -

Oliver Wendell Holmes  
- Source: internet

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