

SOUL LIGHT - Fifty Five

FOCUS ON YOUR INPUT - NOT YOUR OUTPUT

Last article I wrote that we will always be unhappy if we compare ourselves against others.

We will also always be unhappy if we focus on our output.

In other words, if we place our happiness on the effects we create or the results we produce we will be setting ourselves up for “failure”.

Often, we may manage to achieve good outcomes that will satisfy our ego, that Inner Critic.

But at other times we will “fail” ourselves because of our comparison with the perceived results and output of others.

Even if we don't compare ourselves with others but simply measure our achievements by our own arbitrary benchmarks we will often be focusing on the source of discontent.

Imagine you definitely wanted to shoot someone - but missed! What are you guilty of? Yes, of your thoughts. It is your input thought that is errant.

Imagine you were simply cleaning a gun when it fell and accidentally shot someone.... What are you guilty of now? Not your input thought (although maybe your carelessness!).

Imagine you wished to love someone dearly but they refused to have anything to do with you.

It matters not. The outcome is of no lasting and real importance. Only the input, the thoughts you hold toward that person, truly matter.

When we focus on each and every input thought – and dedicate each and every one of them to the Divine – we are living with a clear focus of Love.

We commit to control over the only thing we actually ever have control over – our thoughts.

We cast aside the foolishness of placing our focus outside ourselves, outside where we have no control over the thoughts and actions of any other.

No longer can we be demeaned by the results we achieve or the effects we create.

We finally wake up to reality: we are only ever in charge of what we think.

And what we really deeply think only flows as Love when we wake up to who we truly are.

We are Love.

And Light.

And Spirit.

And joy!

Try it again - send your Inner Critic on holidays for another week.

Once more, associate with the Divine Presence within you, your Soul-Heart.

Focus on your input – not your output – for just one week.

As before, whenever a report arrives on your brain's desk from the Inner Critic, trash it, sight unseen.

Simply be who you are. A beautiful being of Light and Love.

This week, like the previous, may not bring you total happiness; but it may well lead you further along that golden highway that leads toward it!

Love and blessings,

Les