

## “ A POSITIVE ATTITUDE AFFIRMS LIFE ”

Attitude determines the lifestyle of a person and it develops when perception is followed by projection. Positive and negative attitudes are acquired by an individual over a period of time and according to their development, human beings fall into three categories:

1. There are those who imagine and project difficulties in any undertaking even before they start work and end up doing nothing. They are like the car which will not start unless given a push.
2. They are inspired initially, but give up for lack of perseverance. The third are those who become more and more inspired to execute a job, the more they face challenges and difficulties. Even if you are successful, negativity in attitude can crop up at any time for unknown reasons.

### **Remember:**

1. You alone are responsible for your attitude.
2. As is your attitude, so are your perceptions.
3. As is your perception, so is your interaction with the world.
4. As is the interaction, so is the experience of life and,
5. As is the experience, so is the quality of life.

People who have a negative attitude think and project only negative things and they develop it to such an extent that even a positive thinking person can become a victim of their presence. Such negative people can do nothing and they don't allow anybody else to do anything. Negative attitudes are the result of a weak personality at the physical, emotional and intellectual level. Physical strength can be gained by proper intake of food, and regular exercise. Some are obsessed with their figure. They torture their bodies. They get cranky and misunderstand anything their parents say. This is a negative attitude, the reason being that when you don't eat properly you think about food. When you do this, the food has gone to your head. Good health helps us to come out of negativity. Emotional stamina too is a must. Emotional strength is gained by discovering some altar in life—it could be God, your guru, an idea; surrender yourself at that altar with total involvement and faith. Put logic away because by logic, no problems are solved. By love alone all problems get dissolved. When we apply our faculty of intellect and enquiry in doing a job successfully, it is vital to get things done not because of all odds 'but' despite all odds. Enquire into 'how a thing is possible'. One must also remember that life is not about being successful, it is also the ability to go through both success and failure with grace. In success, we enjoy and from failure, we learn. When we have mastered the art of learning from failures, it leads to success ultimately.

This attitude towards failure is a positive one. When these three aspects of your personality are cultivated and developed systematically, you grow and develop Atma-bala or inner strength. With inner strength, positivity becomes the foundation of our expression. The Manduka Upanishad says that the Truth is not revealed to cowards. Success is not for weaklings. When you

have physical strength, emotional beauty and intellectual capacity, your attitude becomes positive. With this positive attitude, you jump into the battle of life, and success is bound to happen.

PROFIT