

Know Your Strength

There is something inside of you that is greater than the sum of all your goods and all your bads. Regardless of how you see yourself or what you think, there is something that resides inside of you that should be the single point of inspiration for your existence.

Do you know your truest nature? Your truest nature is not violence. Your truest nature is very different from what you think. I always say that when a person is feeling good inside, they automatically show the traits that the society wants everyone to show.

Feeling good from the truest place inside is contentment, not just satisfaction. Look up the two words in the dictionary. One of the meanings of the word 'content' is to be in peace. To be in serenity, tranquillity. Not satisfaction. Satisfied is: job done. Contentment comes from inside.

Not ideas. Not survival. Living in this jungle hoping that some day these trees will fall, the sun will come, and you will be able to become strong. No. You need to be in full bloom. You need to be able in your strength. You need to be in your element.

Because then when you are who you are, when you are in your element, when you are not surviving but thriving, then comes the biggest bonus of them all. Peace. Happiness. Joy. Tranquillity. Clarity.

There is a mind and there is a heart - and the heart in you will choose clarity over confusion. The heart will choose peace over turmoil. These are irreversible processes of your existence. This is how your heart is and always has been.

This is what your heart has selected again and again and again. And the heart is the place where joy resides.

Whatever your circumstances may be and however bleak and weak you may feel, there is a strength inside of you that is awesome. There is a strength inside of you that would put Superman to shame. You don't know it, so you look for Superman. There's a strength inside of you that can make you out-climb Spiderman. But you don't know it, so you look for Spiderman. Know it. Know that strength.

I have seen that strength, and I am in awe of that strength. And I have seen that strength spark in people who I would have thought hardly have a spine. Meek and weak. But when that strength was called upon, it was there. Do you know that strength? To out-climb Spiderman? Out-fly Superman? It's there.

Know your nature. Know your strength. Know who you are - and be that. Then all is in harmony.