

AUTHENTIC LIVING

**A COLLECTION OF
INSPIRATIONAL THOUGHTS**

BY TOMISLAV TOMIC

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*A "Collection" Of
Inspirational Thoughts*

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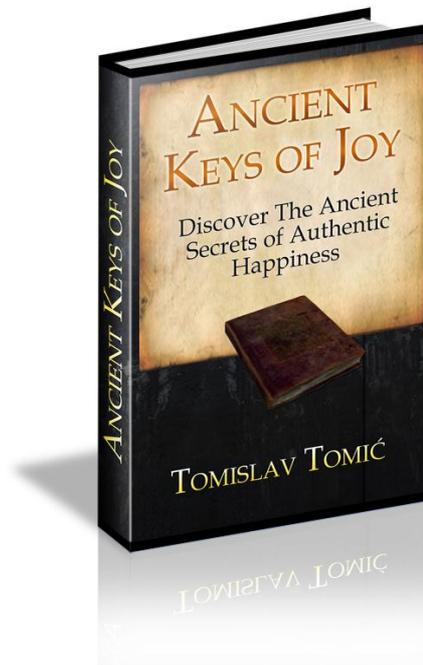
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INSPIRATIONAL THOUGHT No. 1

INSTANT-HAPPINESS (IS THAT POSSIBLE?)



How would you respond if I told you that you can be truly happy, right here and right now, regardless of who you are, where you are and what you are doing?

Yes, you understood well. You can be happy here and now no matter what.

I realize that this sort of approach can sound a little crazy at first, but the reason for that is that most of us have been raised to believe that you first need to meet a hundred conditions before allowing yourself to be happy.

Many people believe that they need to work really hard in life and achieve everything that is expected of them before they allow themselves the right to be happy. But you must be aware that no one ever lives to see that day.

Why?



Because happiness is the path, not the destination!

We have been taught to see happiness as destination, not the path. But happiness is the path, not the destination. If you are not happy while you are traveling through life, reaching a certain destination (in other words, attaining goals, etc.) will not give you what you wanted to experience before you embarked on the journey in the first place.

Happiness is the path, not the destination. Remember this well and keep it in mind at all times.

One of the reasons why many people do not understand what we have just said is that they do not understand what happiness really is. Many people confuse happiness with pleasure, but happiness and pleasure are two different things. You can be completely dissatisfied, and yet happy at the same time. Pleasure brings brief moments of satisfaction, while happiness is a lasting thing. Pleasure is always connected with fulfilling a certain desire, whereas the presence of happiness in our life has nothing to do with any desire we might have.

Keep this in mind because it is a most fundamental approach toward life. The way you experience 99% of the things you do in life will depend on the way you think of the relationship between happiness and pleasure.

I consider myself one of the most dissatisfied people in the whole world. No matter what I achieve, my sense of pleasure never lasts more than three days. I would even dare say that I am bored when I feel pleased.



However, at the same time I am truly happy and I live filled with the sense of enthusiasm, joy, and inner peace. I clearly feel the sense and purpose of my life. I know that there is an endless source of joy and peace inside me, and I am aware that outward circumstances *per se* have nothing to do with that. Outward circumstances can have an effect on my life only if I allow them to have an effect.

In the past I had been allowing outward circumstances to determine the quality of my life too much. The situation in the country (that was the time of the war in Croatia), other people's opinion of me and things like that played a great role in the way I felt. I found that to be most unsatisfactory and I realized that I would never be happy if I did not change the way I thought about life. I spent a long time thinking and searching for the right approach to happiness, until I realized that happiness is a state in which I am either in or not in. There is nothing in between. I am either traveling through life a happy man, or I am traveling through life an unhappy man with an occasional glimpse of relief and pleasure brought to me by the fact that I fulfilled a certain goal. I have to admit that meditation has been of great help to me, and I would recommend it to all those who wish to become conscious of what true happiness really is.

Throwing away all concepts about the nature of happiness that I used to hold on to until then over night was no easy task for me, but as time went by it became increasingly easy for me to embrace the idea that happiness is something that was already inside me and available to me at all times. It became increasingly easy to embrace the idea that happiness is nothing other than a question of my consciousness about what happiness is and the decision to be happy, right here right now.



Being happy is a matter of your personal decision. Make the decision. Become happy here and now. Do not wait for any conditions to be met first, because you are the one creating them, whether you are aware of them or not. Become happy and conditions for happiness will be created around you. Do not take my word for it - try it for yourself. Give yourself a break and discard the myth of happiness being like a castle that is being built gradually, and that it takes a long time to become happy.

Rest assured that, when it comes to happiness, the factor of time becomes totally relative. Being happy or not is a matter of our understanding of what happiness truly is, which is followed by our decision and choice.

Even though all this sounds very simple, it does not mean that it is easily applicable. Our minds tend to constantly return to the old habits and ways of thinking, and as soon as we make the decision to be happy, our minds keep finding the arguments to convince us that we are wrong and that we are wasting our precious time. It often points to current situations in our life whose existence should pull us away from the idea that we should become happy and tries to convince us to leave the times of happiness for a situation when the circumstances are more suitable.

Let us now get back to the title of this article: Instant happiness - is that possible?

The correct answer is: *not only is it possible, but it is the only way!* You are either happy, or you are not happy. There is no transitional phase.

Make an instant decision... and have a happy journey.

INSPIRATIONAL THOUGHT No. 2

THE SECRET OF ENTHUSIASM

Did you know that the word "enthusiasm" comes from the ancient Greek words "en" and "theos", which mean "in Spirit"?



When we are "in Spirit" (i.e. aligned with the Spirit), we feel alive. When we are "in Spirit", we are filled with energy. When we are "in Spirit", we feel a sense of purpose and passion for life and everything that we see gets a deeper meaning.

The secret of enthusiasm is being "in Spirit", in other words, being in harmony with your spiritual self. Being in harmony with your spiritual self means being in harmony with what we truly are, because our true nature is indeed spiritual.

Essentially, we are not physical beings who are able to experience spiritual things. Rather, we are spiritual beings who have come to experience the physical. Keep this in mind at all times.

Being in harmony with your spiritual Self is a lot easier than most people think. Unfortunately, many people think that living in accordance with one's spiritual Self has been predestined for some, while others have been deprived of such a possibility.

Fortunately, the truth is completely different. There is nothing easier than living in harmony with what we really are. And, there is nothing harder than not living in harmony with what we really are.

If you can read this article and understand its content, then you too can be "in Spirit" and you can integrate enthusiasm into your daily life easily and joyfully.

The secret is in consciousness, i.e. awareness. All matter that exists in nature now also existed several thousand years ago, but due to our lack of awareness of their full potential we have not been able to create various things that are now common in everyday use. Henry Ford did not invent new materials in nature and use them to make a car. Instead, he just used the existing elements and put them together in such a way that nobody has done before, thus inventing a motorized vehicle. His invention was deemed a miracle in his time, but today nobody thinks about it in such terms. The question today is what car to choose.

At first, it might sound too trivial a comparison, but I guarantee you that something similar is happening with enthusiasm in your life. The more you become aware of your spiritual Self, the endless source of enthusiasm becomes more accessible and clearer to see.

But how do you become conscious of your spiritual Self?

The first step is to leave at least some room in your mind for accepting the idea that your true nature is spiritual. Reflect on such a possibility every day.

Then you can start expressing your intention of becoming aware of your spiritual Self. You need to know that the Universe, God, Higher Self, Creator or whatever you wish to name this intelligence, hears your every intention and is ready to give you all the help you need at any given time.

Express a mental statement several times a day in which you will express to the Universe your intention to become aware of who you truly are. Make your statement brief and simple, something along the lines of "I intend to become aware of my spiritual Self" or "It is my intention to become aware of my true nature", and that will be quite sufficient.

Do not try to anticipate the time and the way that the process of becoming conscious is going to develop itself. You do your part, and let the Universe do its. Just like there is no question that the morning will come after the night, in the same way the Universe, as soon as it hears your intention, will send you the right answers.

You are probably wondering, How will I know whether I am receiving the right answers?

You will know by the feeling of enthusiasm which will be activated at the very thought about certain things. As soon as you feel enthused about a certain idea, that means that your idea is resonating vibrationally with

your spiritual essence. Follow such ideas and every day do everything that is in your power to make them come true. Do not wait or delay.

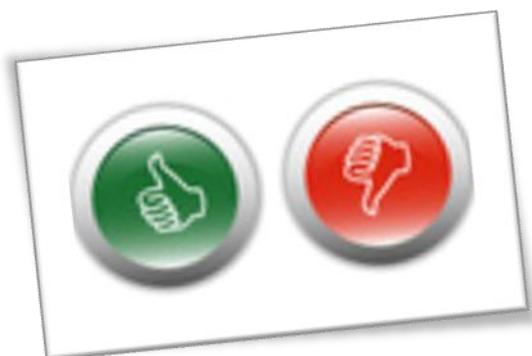
Know that becoming aware is not something that happens once and then you're done: it is a lifelong process.

The more we make ourselves aware, the clearer it becomes to us what our place is in life and what our purpose was in coming to this world. The more aware we become, the greater feeling of happiness and peace we will have. The more aware we become, the better our lives will become in all areas.

Now you know the secret of enthusiasm. Go ahead and apply it daily and you will live “in Spirit” more and more.

INSPIRATIONAL THOUGHT No. 3

"POSITIVE" AND "NEGATIVE" THINKING ARE JUST LABELS



People tend to think that positive and negative thinking refers to thoughts that are positive or negative in and of themselves. However, this is not so. Positive or negative thinking is simply a certain way of thinking, and is not related to any specific thoughts.

Positive or affirmative thinking means thinking only those thoughts that are aligned with the reality we wish to create - thinking those thoughts that affirm the reality we wish to create.

Thought is energy. Energy in and of itself is neither positive nor negative. There is no thought that is solely positive or negative. A thought becomes positive or negative only when we determine what kind of reality we desire in our lives.

Therefore, if you desire a life of abundance, thinking about the idea that money flows abundantly into your life is positive, since it supports (i.e., affirms) your desire for financial abundance.

However, to a monk who has made a vow of poverty, thinking about money coming into his life in abundant quantities is a negative thought!

Why?

Because it negates the reality he wishes to create. In order for the monk to act affirmatively (positively) in accordance with his vow, he would have to entertain thoughts that support his poverty.

Therefore, don't accept pre-conceived notions of what is "positive" or "negative," but rather, take a look into your heart and become conscious of what it is that you truly desire to create, and then act "positively" towards that end.

Such an approach is the only guarantee that, having received what you wanted, you will have received what you expected to receive, and will have fulfilled the initial reason for having begun to create that specific reality. You have a mind in order to use it, and not so someone else can think for you.

JOY AS A MEASURE OF TRUE SUCCESS



Success is something we seek naturally. No one likes or wishes to be unsuccessful. However, true success is an entirely personal matter, and depends exclusively upon us. True success always brings joy, inner peace and growth with it. The more joy and peace we have in our lives, the greater the success.

Success isn't primarily based on the things you own or on the social acceptance you have. What's the use of having something if it isn't something that truly fulfills you and brings you joy?

Unfortunately, it seems few people think this way. Look around you. Look at the number of people who seem to have everything one would want, and yet...something is desperately missing.

Why?

Many have been creating wealth their whole lives, simply in order to prove their worth to someone else, without paying attention to their heart desires and higher visions.

Success isn't something that can be determined by other people's standards; only you can do this.

You are the only person who knows your circumstances, your heart desires, and the possibilities open to you at any point in time. Only you know if you're truly successful or not.

You can make the whole world believe that you're something you're not, but when you stand in front of the mirror, the person reflected in it always knows the truth. Only you are in touch with your own feelings, which clearly show you where you stand on the path of personal and spiritual growth.

While one person may feel that success means becoming the president of a country, someone else might feel successful if they're able to create three extra hours during the day to do as they please, and even do nothing if they wish. While one person feels that success is becoming a millionaire, another sees a stable and fulfilling family life as the peak of success.

We are all as different as we are similar. And that's wonderfully okay.

The only measure of true success in your life is the amount of joy you feel every day.

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