Twitter Thread by ■ Sol Brah ■■

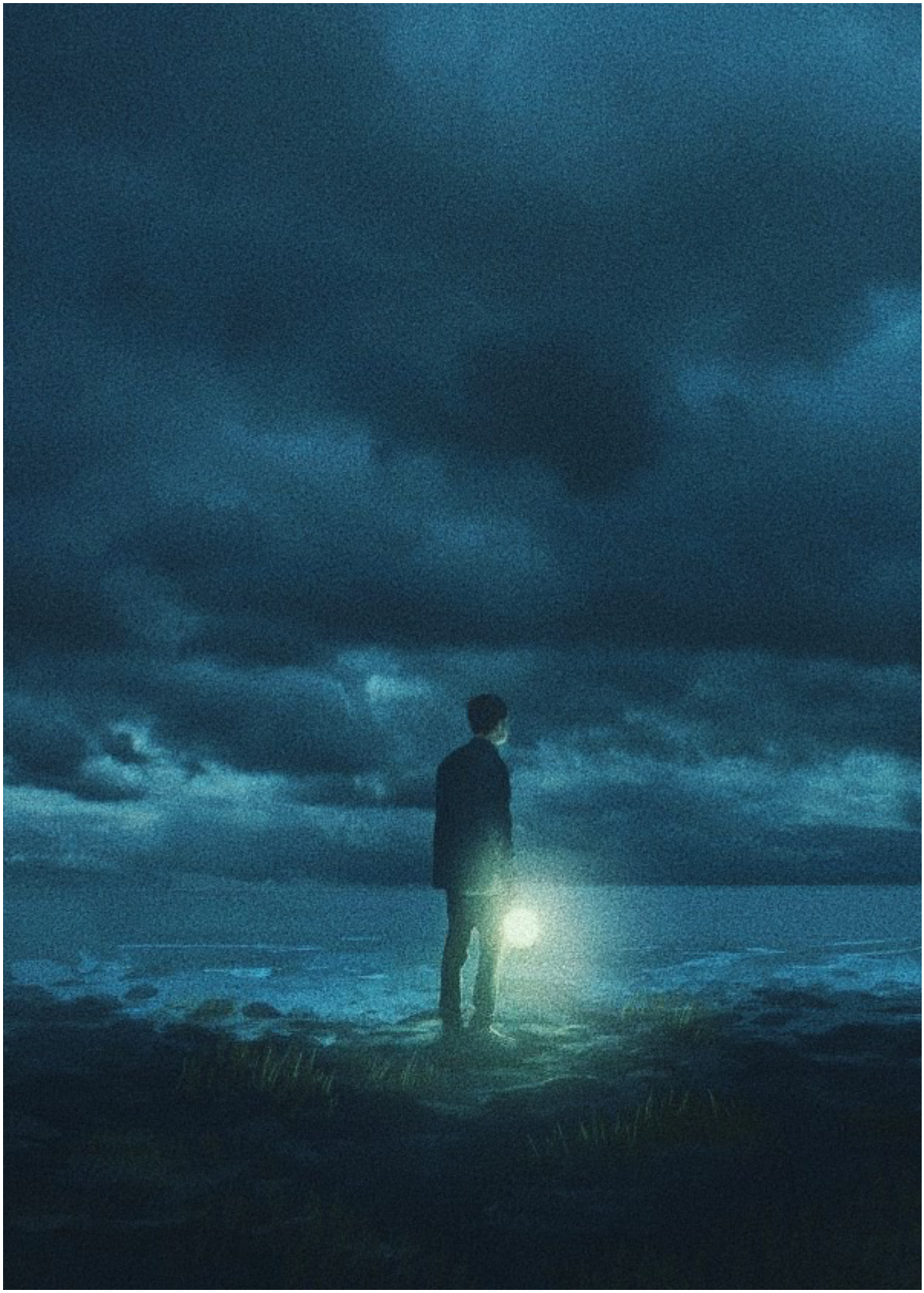


■ Sol Brah ■■
@SolBrah

POSITIVE MENTALITY IN A NEGATIVE ENVIRONMENT (THREAD)

First, know that WE are the captains of our ships.

All that you allow to mentally affect you, is because you allow it so.



You, just as easily, can take away the negative drain of outside circumstances by ‘flicking a switch’ within your mind.

It is imperative that you do not allow to get inside your head:

- Other people’s self-limiting beliefs
- Others’ opinions of you or your work

- Any thought that does not serve you or those around you in a helpful way

They are irrelevant, they are changing and most of all they are outside of your control.

Trying to control that which you have no directive over is literally impossible and a foolish man's game.

All of man's suffering comes from attempting to control that which is out of his hands

If you re within a negative environment

Start to visualise the outside circumstances as a blessing; -This environment is a test from the universe to give me to the tools of mental resilience

This way you are motivated and excited to test yourself against the waves of negativity - it becomes an enjoyable challenge and one that if endured will leave you with a stronger mindset than if you'd just had complete support your whole life

Inevitably, there are people that will tear you down, because your success or even your energy alone will trigger their ego into feeling inadequate. The trick is to not feel anger towards them, because they know not what they do.

Those Living in an unconscious state will be more open to adhering to better mind states when it is shown to be the way, with love, and never judgement or argument.

Show, do not tell.

It is our imperative to allow them to feel what they feel, yet still be the smiling force of positivity and light regardless.

This is not to say that you should accept anything that people do to you.

On the contrary, you should aim to remove yourself from toxic environments as much as possible - but if you are stuck in one due to logistics of your life for the moment, then relish in the fire.

Come out the other side a stronger person and know that it all will be beneficial in the end.