

## **The Book of Enlightening Laughters** **Swami Dayananda Saraswati**

Collection of Stories & Anecdotes From the Talks of  
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### **POSITIVE THINKING**

If you look at yourself as a person not acceptable then you have to relook at yourself that you are a person to be accepted. Positive thinking will not help here. Right thinking will help. 'Positive thinking' is a way of looking at things. "The rose is beautiful, but it has thorns" - this is the complaining way of looking at a rose. "In spite of thorns, the rose is beautiful" is a positive way of looking at it. But this cannot solve the problem of self non-acceptance because where there is positive thinking, there must be a fact that makes it a factual positive thinking. If this is so, there is going to be another fact forming the basis for negative thinking. I always tell this story for 'positive thinking'.

This person was doing his Ph.D. He was writing his thesis, it was not coming out well and then in the meantime he took up a job as a lecturer in the local State college. He liked the job but his Ph.D. was still incomplete. He also got married, was happy and well settled in life. Everything was okay until his friend, who was also doing Ph.D. with him, got appointed as the Head the department. All the feelings of 'being happy and well-settled' vanished. The person started feeling 'I am a failure, I should have finished my Ph.D., I did a wrong thing, I should have done it'. People around him also contributed to making this a firm conviction. He became very depressed. Nobody could really help him out of it. He went to a therapist. The therapist who thought he is a very positive person had one type of therapy 'positive thinking'.

Then he asked him, "Hey, how many blind people are there in the world?"

"There are millions".

"Are you a blind?"

"No. I have got twenty by twenty eye sight".

"Should you not be grateful for having a great sight?"

"May be, I should be grateful".

“Are you a deaf and dumb?”

“Not at all”.

“Do you know how many people are deaf and dumb?”

“Yes I know”.

Don't you feel you are a lucky fellow? Just imagine the lot of those people who cannot speak, who cannot hear. The whole world is gone. Not hearing means one fifth of the world is gone. And it is a good part of the world. It is gone. And if a person does not have sight means, my God! all the colour that the world has is gone. Naturally those people are definitely unfortunate. Don't you feel fortunate for what you have?

“Yes, I should be”.

“Are you on a wheel chair?”

“No. I am standing on my own legs”.

“Should you not be grateful? So many people are on wheel chairs”.

“I think so”.

“Are you not educated?” Don't you have a good parentage?

“Yes”.

“Should you not be grateful? There are millions of people who are not educated, who cannot read, who cannot write. You have done your post-graduate. My god! What a qualification you have got! There are so many orphans who do not even know their parents. You are fortunate to have a good parentage“.

“Do you know how many have terminal diseases like cancer and AIDS? There is no way of getting out of that and they know it. Do you have any like that?”

“No. Not to my knowledge”

“Now tell me, don't you think you are grateful for all this?”.

The person began realizing. “Yes, yes, I think I should be grateful”.

“Are you not married?”

“Yes I am married”.

“Should you not be grateful?”

“For what?”

“That she still thinks that you are wonderful”

“Ah, I think I should be grateful for that”.

“And you have a job, should you not be grateful?”

“Yes, I think I should be grateful. I think, I think wrongly”.

“Why do you have such a low image of yourself? You have so many positive things about yourself. Think positive.”

The person was really convinced. He felt so good and admitted, “There is really nothing to complain about. I am very happy now, no more depressed”. He walked out smiling after paying him a handsome amount. Just then a new Mercedes car stopped in front of him. It was glistening in the sun making it evident that it was a new car. He saw the man getting down from the driver’s seat talking to his wife. He was standing on his legs. He had eye sight because he was driving the car and did not wear even glasses. He was not deaf and dumb because he was answering his wife’s questions. He had got everything plus a Mercedes! All positive thinking was gone. The man was depressed again.

Do you know why? Because there is a fact. That he wants a car is a fact. Let us say, he has an old dilapidated ambassador car whose spare parts you can hear! Except the horn every part is heard. When he goes to his car and opens the door he needs one more person to open it. How can he retain his positive thinking when what he does not have is also a grinning reality, a teasing reality? It is a reality that makes him feel ‘you have not made it’. All positive thinking evaporates.

We need thinking. We need objective thinking. What you do not have is a truth. What you have is also a truth. In fact the reality is, in spite of what you do not have and what you have, you are somebody who is to be reckoned by you as a person. It is not positive thinking but just thinking of what is. Recognizing what is. That is our wisdom. We have it all completely, totally.

*Om Tat Sat*