AW - ATTITUDE

Mon, 4/11 11:18PM • 5:18

**SUMMARY KEYWORDS**

attitude, life, important, sense, transpire, physical health, live, works, feel, condition, negative, positive, upbeat, innate nature, integral part, thought, occur, lens, enriched, brings

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So the This is Dr. Kripalu talking about the eighth element. And this is about attitude This is so very important. And I've seen this and observed this in different age groups of people, and what difference or what kind of effect it has on their physical health and life in general, the way they live life. And so what does attitude mean? It's basically, and mental emotional condition inside of you, which brings out a certain personality in you. And that's my explanation for attitude. So if somebody has an optimistic outlook on life, their attitude is going to be completely different from somebody who's negative and pessimistic about everything. So basically, are you looking at life with the lens of awe and mystery, and everything's going to be working out the best, everything works out for me? Or are you going to look at, you know, through the lens of Oh, my God, there's always danger lurking, everything's out to get me everybody's out to get me. Bad things are always happening to me, you know, and why does this happening? Or why is this happening to me, so things like that. So that makes somebody's attitude one way, positive or negative. And what this does is whenever this and this is caused by thought loops, so in neuroscience, they talk about how these loops or these cascade works is when you have a positive thought that has certain positive chemical substances secreted in your brain, which gives, which makes the body function in more like coherence or alignment or brings it in a better condition of homeostasis. But then neither substances cause a sense of dysfunction in the body, and they don't work properly. And that's how diseases transpire or occur. So this is the whole effect of, you know, a certain attitude a person has. So and I've seen this, for example, of, you know, elderly people, as they get older, it's a construct, either from the belief systems they've acquired from the society, their experiences in life, or plus some of the innate nature they come with. And I've seen a lot of people who are depressed and, you know, feel have the sense of, they're lonely, they don't have anybody in their lives. It's just them, and they become more sick and frail, and don't live a good, you know, functional life as they go along. And they literally kind of just existing, versus somebody whose attitude is really, really upbeat enthusiasm to just live, everything's, you know, appears positive, there's so many people in their lives, even if they don't have, everything's working out for them. And they are so upbeat, their brain functions differently. So then their physical beings, you know, is condition is so different that it works for them, they have a good quality of life, they, they build, they become an integral part of the community, even at that age, they're always looking out for opportunities, in even the worst circumstances, so they find them and then they fall get more fulfilled in this whole kind of, you know, in this whole world. So, again, the whole idea is what kind of life does one one want? You know, do they want to live a functional good life till the last day they're on earth? Because everybody who's born have died? But what do we how do we want to live in this world is the question. So. So that's why the attitude becomes so important. So if somebody's has an attitude of gratitude, that means every day you're thankful all day, for every single thing which is occurring to you, that is different to the vibration, you fall you FEEL, and that's already uplifted, and that affects your physical health, of course, being enriched, and people have even found healings in different levels, even from cancer from all the degenerative diseases, and so on, and so forth. So, it's important for us to live in that attitude of gratitude, because it makes you feel good even if you're not thinking about how it transpires in the future. At that present moment. I think. One is just feeling wonderful overjoyed and fully sense of gratitude, feeling like oh my god, I have the whole world working for me. So I think that's why it's so important. So you one can grade based on you know, how their attitude was during the day whether zero was the worst attitude with anger, you know, all kinds of negative frustration. Depression,

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not so good at you know, thought processes, which leads to that attitude, or oh my life is great my had a wonderful day. I had just the best day ever ever everybody was great to me or I made somebody feel great so that's the 10 so you could you know scale yourself wherever you are and there's no good or bad this is just for us personal idea so we can get better the next day to feel better so