

"Allow yourself to think only those thoughts that match your principles and can bear the bright light of day. Day by day, your choices, your thoughts, your actions fashion the person you become. Your integrity determines your destiny."

-Heraclites

There is no person who is inherently good or bad. Each person makes choices and they may benefit or harm others, and the consequences of those choices shape whether the person is good in the eyes of others or not. Thoughts, after all, have no effect as thoughts are hidden and a person is good or bad in the eyes of others but what they see are actions and words rather than thoughts.

A person may, based on their thoughts, be happy or miserable. They may act well and they may act badly, but in the end, it is their thoughts that remain hidden and actions that determine their morality.

Even then, the morality of a person is highly subjective. One man may be the hero of his story and the villain of someone else's. Even the opposite may, in some extraordinary cases, be correct.

And yet, the one who chooses that morality, the one who is behind each action perceived good or evil, has thoughts and motivations that influence those actions and decisions.

Thoughts are what shapes someone for who they are, but thoughts also shield the soul. There may be good thoughts and bad thoughts, unlike people.

Thoughts are a heavy thing to have. Some are merely a fleeting instinct, a nagging in the back of the mind, while some are heavily worded and detailed. Most thoughts come suddenly, without control. Others need time to mature into something tangible, and a person has no influence on that process. That's what thoughts are. Uncontrolled and free.

Principles and choices needn't match the thoughts behind them. They don't even need to match with each other.

Principles are merely thoughts of consideration towards the needs of other people. And, as thoughts, they are varied and often confusing.

A person with principles is usually considered good in the eyes of others. And yet, someone might have principles and still do things that are atrocious in the eyes of others. They may still be perceived as evil.

'But principles are good, and how come someone with principles is evil?'

Because everyone lives in a world of their mind where they are the hero of the story and everything

they do is moral and according to their own perception of reality woven around them.

It's the actions and words that shape a person to the outside world, but they are always influenced by the inside world built from thoughts.

Thoughts are not a person. A soul is a person. But thoughts shape a barrier around a soul that is so thick it even forgets it is a barrier.

And thoughts can come from anywhere. They can be a result of outside influences; they can be born from the inside.

There isn't a truly happy person. There is only a person who can block out the negative thoughts that there are more than enough of in this world, and it is a person who manages to let happy thoughts compose the majority of the shield around the soul.

A happy person can exist in the completely identical environment to the person who is deeply unhappy. But a happy person is more likely to be considered good, as their happy, 'good' thoughts allow them to perceive past the confines of their mind, to look towards the souls of others. They take the good they can find, and not let the bad things bring them too down to lose sight of what's important.

Miserable people are, in a way, very selfish. Grief and anger come from the feeling of being wronged upon. If someone allows misery to completely engulf them, they might be living in a world they perceive as hateful and unjust. They have allowed the thoughts of the bad to overwhelm the good ones, and misery is, at its root, pitying of the self at best.

Happy people may be brought down by sudden bad thoughts, but in the end, they act and they struggle and, even through escapism, they let the light win. Unhappy people let the world that doesn't cater to their wishes engulf them in darkness, bad thoughts, and ultimately they end up blind for the misery in anyone but themselves.

Misery loves company, though, so they will do their best to bring others down to their level.

Happiness may not be obvious. I have used that term to describe those who aren't blind for the troubles of others. Those people can be truly sad, too.

I may have used the term good people, but the terms of good and bad cannot be applicable to something as complex as a human being. Only to thoughts.

Happy people may be deeply unsatisfied with their life, or with themselves. They may even be sad. But ultimately, they are grateful for what they have and they cherish it, while miserable people are truly, deeply not satisfied even if they have more than the happy ones do.

Sadness can be felt by anyone. It is only the selfishness that accompanies it that determines whether or not someone's destiny is to be miserable.

And the happiness or misery of a person, or rather whether or not they are satisfied with what they are given and do the best of it or grieve over not having more, is what determines what kind of a destiny they will have.

I try to think happy thoughts because when I let the bad thoughts engulf me, I let my dissatisfaction explode and hurt people I truly am grateful for, and I regret it as soon as the light wins again. And I do not doubt it is exactly the same with others.

I do not claim that someone should refuse to work through their issues, which means going through a lot of darkness, if it means that they are clearing the path for light to come back.

Sometimes the bad thoughts are not merely bad. Sometimes they are terrifying.

But the only thing that matters is whether or not they are allowed to win.

A man cannot control the thoughts that cross his mind, but he can decide the ones that will be more important than others. It is the nature of these decisions that truly makes a person who they are.