

Daily Positive Thoughts: May 18, 2014: Appreciate the Gift



Appreciate the Gift

When you open your eyes in the morning, sit for a moment and appreciate the gift of a new day, create a peaceful thought and enjoy some moments of silence throughout the whole day.

Faith

When there is faith in others, one is able to provide an environment for others' growth. All resources are used to give support for others. There is no interference in others' work and no feeling to take over others' responsibility. Instead it helps to provide them with the power to deal with their own problems. When I have faith, I am able to see what is lacking in others and fill in with it. I don't complain but am able to see positivity instead. I provide with what is necessary and I have patience too. I am free from expectations for them to bring about a change immediately.

Valuing The Physical And The Non Physical

When the soul leaves the body, it's not just the body that dies but it's as if all the connections with the world of that individual are simply switched off. Not only the relationships but all specific plans, projects and desires suddenly have no further means (medium) through which they can be expressed or put into practice. The powers of thinking, deciding and the personality traits ('sanskaras') connected with the life that is being left behind, stop and get hidden momentarily to emerge again in a new body, a new life. All the material things that belonged to that particular individual are passed on to others.

It's interesting to note that even when the body is sick it can only be treated when the soul is still present. If we take out the soul no one remains to look after the body.

On the other hand, the body is a truly marvelous vehicle for the soul to express itself through. No manufactured machine could hope to compete. For example, it is calculated that in just one day, the brain is able to complete a hundred times more connections than the entire telecommunications system of the planet. Or compare the human eye with any manufactured camera or the heart with any manufactured pump. The body's importance cannot be played down or not taken into account.

Soul Sustenance

Filling Myself and Others With Invisible Treasures (Part 1)

Soul consciousness or the awareness of the soul is the key to the internal treasures of the original and eternal qualities of the soul. **The moment I switch on the awareness of the soul**, a spiritual point of subtle light or energy, situated at the centre of the forehead, **I start accessing the qualities of peace, love and joy that lie hidden inside my consciousness.** Since these are not physical treasures, they are limitless. It's like suddenly I become an owner of an ocean of these qualities. The ocean is inside me and not anywhere outside.

When we hear the word 'ocean', the first characteristic that comes to mind is limitless. So suddenly I am the owner of an ocean of peace, love, power and bliss. I can draw and drink as much of these qualities as I want and these qualities will never get over, because an ocean is an unlimited, tireless and big hearted provider or giver, never expecting anything in return. The ocean will never refuse me, but, as stated above, the key to accessing the ocean is the awareness of the soul. It is a common experience of many that the moment we are in the consciousness of the body, we suddenly feel empty of these treasures and we experience emotions of peacelessness or sorrow or hatred or jealousy or powerlessness or fear etc., because in those moments, we have lost access to the ocean.

(To be continued tomorrow...)

Message for the day

True spirituality is that which makes one practical.

Expression: Usually spirituality is perceived as something that has to be kept separate from the normal daily life. But true spiritual life is that which is very practical. The one who is able to fill himself with spiritual power is able to use this power for being better and better in his practical life.

Experience: When I am able to recognize the inner beauty and am able to give myself time to be in touch with this spiritual aspect, I am able to be powerful and beyond chaos in all situations. I am able to go within to find the immense power and use it in practical situations. So I find myself being successful in practical situations.