

Today's Thoughts: January 30, 2021: The Power to Cooperate

## **The Eight Powers of the Soul - Day 7**

**These are powers that recharge the soul. As the soul comes into action it experiences the practical form of these powers.**



### **The Power to Cooperate**

With the power to cooperate, I do not feel like I am competing against anyone, but rather I am helping all. Here, the surrender of ego is needed.

## How Often And Why Do I Need To Meditate (Part 2)?

**As explained yesterday, we regularly and quite easily slip into four main negative habits.** So meditation is not only sitting in a quiet corner, and connecting with the self and the Supreme, at a couple of fixed times during the day, but **it is also the way to gently remember and remind ourselves, many times in a day, that we as well as others, are souls or spiritual beings not physical beings**, by detaching ourselves from actions and also while being involved in actions. These reminders given to the self over a period of time become natural and prevent us from succumbing to these four habits. Given below is a basic meditation, which you could use to remind yourself regularly during the day:

I have a body but this body is not me...

I have thoughts but these thoughts are not me ...

I have feelings but these feelings are not me ...

I have attitudes but these attitudes are not me ...

I have emotions but these emotions are not me ...

I have beliefs but these beliefs are not me ...

I perform many actions through my sense organs, but these sense organs are not me...

I play many roles but I am not my roles...

I experience joy or sorrow through my sense organs, but these experiences are not me ...

I am a soul – a being of energy, which is neither created nor can be destroyed, and my original and true nature is one of peace, love, joy and power...

## What does courage mean to you?

Is it being honest with yourself about your mistakes? Being honest about your shortcomings?

Is it to trust that things will work out, even when you can't see how? Is it taking action even when you are afraid? Does it have to be something heroic?

Ask yourself what courage means to you. And then keep pursuing courage in action.

## Message for the day

**To have the ability to understand a problem is also to have the ability to find a solution.**

**Thought to Ponder:** Just as an expert in any field would notice a deficiency, if I have the ability to recognize a problem, I will surely know what the solution is. I need to focus my energies to find the solution. Then I will be able to use my resources well.

**Point to Practice:** Today I will only focus on solutions. Whenever a problem comes up, I will spend time thinking about what I could do to change it. When I direct my mind in this way, there will neither be worry nor will the problem remain.