

Today's Thoughts: January 27, 2021: The Power of Judgement

The Eight Powers of the Soul - Day 4

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



Justitia Justizpalast Muenchen :Group of statues by Balthasar Schmitt (1858-1942) comprising Justitia flanked by Innocence (left) and Vice (right) on top of the southern gable of the Palace of Justice, Munich, Germany.

The Power of Judgment

I can accurately assess any situation with clarity and confidence.

Rediscover The Essence Of Happiness (Part 2)

Loving your life is about trusting your instinct, taking the odd chance in difficult situations, loving and experiencing joy, enjoying memories of good actions and episodes of life and learning through life time experiences. We just neglect most of these. Nowadays, we try and look for joy in bonuses, promotions or any monetary gain. But can money really buy happiness? Sometimes you see poor people laughing carelessly while they play with their children and experiencing happiness. On the other hand, children from well off families are surrounded with technology today. Technology has created such an influence in an individual's life that people have almost abandoned their family time. The time of the day that brought so much laughing and giggling in the house is now substituted with members glued to television or mobile phones. Festivals that were the major joyful events have now lost their essence. They are merely days of more worry and tensions because of the new trends of exchanging expensive gifts or celebrating them lavishly.

So what is real happiness - perhaps a better way to describe **happiness in its true essence is contentment.** This comes from a complete **awareness** and **acceptance of the self** as we are now at an internal level, and an acceptance of *what is* at an external level. The highest happiness is bliss which can be experienced only when the self is totally free of all attachment and dependency. This is **a real understanding and definition of happiness**, which is not difficult to accept and make a part of our life, once there is a deep **u n d e r s t a n d i n g**, **absorption** and **appreciation** of the divine wisdom of the self and others as well as the laws of action and time involving both of them i.e. wisdom which is accurate and complete in all aspects. Real happiness is a direct result of this divine wisdom.

(To be continued tomorrow ...)

Why are our eyes positioned in the front of the head?

So we don't look back. That's not to say we should overlook the past.

Look back, without regret, to see what worked, what didn't, and what lessons can be learned.

But remember, eyes are at the front, so look ahead. Look ahead with fresh eyes, enthusiasm and confidence.

Message for the day

The one who is the master of the self is able to master situations and control people.

Expression: If there is an attempt to control situations and people without trying to control the self it becomes impossible. It only takes things more out of control and leads to extreme emotions like anger. To be a master means to be a master of one's own feelings and emotions under all circumstances. It means to have the reins in one's own hands.

Experience: When I am able to be a master of my own thoughts, feelings and emotions I am able to deal effectively with situations and people. I never go out of control or lose my cool however difficult the situation or person may be. This enables me to be aware of my own inner resources and use it to be the best of my ability.