

Today's Thoughts: May 15, 2020: Be Aware



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## **Be Aware**

The foundation of all spiritual growth and personal development is the awakening of self awareness. Most people however are not yet self aware, and the majority of those, are not aware that they are not aware. Self-awareness is easy and begins with simply taking a mental step back, and observing your thoughts, feelings, attitudes and actions. Whenever you do you learn about our self and the basis of personal change and growth is always learning. Step back, what do you see, what enters your awareness? What does it tell you? What does it show you about yourself? Don't judge it, just see it. Don't run away from what you see, just watch it. Accept it. Allow whatever is happening within your thoughts and feelings just to be. And suddenly you will find that inner peace which surpasseth all pleasure.

## Absorbing Spiritual Light (Part 2)

How many times do we hear, *Oh, he is always in a bad mood..., It is my nature to be irritable..., He will never change...* This shows the extent to which the soul's own light has faded and been replaced by the dark curtain of negativity. Therefore it is better that we do not try to deal with each vice and defect individually. As the soul fills itself with the power of spirituality, its overall condition automatically improves.

Another significant point is that **there is a deep-rooted awareness within the soul of God and His *sanskars***, however much it may be covered by dirt and weakness. This is because each soul is the child of God and being his children we inherit his *sanskars*. These *sanskars* are present in us when we start playing our part in the physical world, but gradually they fade away as we take more and more births. **As these *sanskars* are brought to the surface of the consciousness, automatically our thoughts and behavior patterns change.**

In modern psychology it is stated that we must express all our negative emotions and not suppress them. But the fact is that letting it out leads the soul further into slavery to that emotion. Remembering that **thoughts, decisions and actions are formed on the basis of *sanskars*, which are deepened by repetition**, the soul can only cause harm by expressing any defect or vice. On the other hand, the psychological effect of suppressing negative emotions can be quite drastic. Suppression can lead to severe personality problems, even madness or insanity. The right path is that we emerge our positive *sanskars* with the help of meditation and other self-development techniques and the negative ones automatically vanish away.

(To be continued tomorrow ...)

## **Attitude + Emotions + Communication = Relationship**

You bring your attitude & emotions into your communications.

For good communication,  
check your attitude & emotions, & make them positive.

Put your very best into your  
Attitude + Emotions + Communication & you can almost guarantee getting  
the very best out of your relationships!

## **Message for the day**

**True honesty to the self brings the power to bring about change.**

**Expression:** To be honest is not just to be truthful. It is more to be honest with the self. The one who is honest with the self constantly has the aim of bringing about a change for the better. Each situation is used as a chance for the betterment of the self. So there is always the aim not to repeat the mistakes that are committed once.

**Experience:** When I am honest with myself I am able to feel the constant progress and experience the happiness of moving forward under all circumstances. I have the power to understand the situation, not just from my point of view, but more in a detached way. So I am able to understand and accept whatever the situation holds for me and learn from it humbly.