

Today's Thoughts: May 07, 2020: Angels



## Angels

An angel is a guest for he cleans up behind him. Where there has been misunderstanding he returns to clarify; where there has been hatred he offers love. He is never without gifts and always without burden.

## Internal And External Attachments (Part 1)

Attachment can be on two levels - either **internal** or **external**.

Some common examples of **external attachments** are attachments to:

- people,
- objects,
- your physical body,
- your position or role in your family, society or in your professional field,
- money,
- places,
- physical comfort/comforts,
- the way you look or dress up or carry yourself or your physical personality in general,
- a particular skill/skills,
- a particular interest or hobby like watching movies, online social networking, etc.
- your routine or a certain way of working at home or at the workplace,
- respect from others,
- how people see you or behave with you or what they think of you, etc.

(To be continued tomorrow...)

**Where there is humility and self-respect, it results in selfless service.**

When there is a combination of humility and self-respect you become a giver. Your humility enables you to put others forward and your actions will be ones that give happiness to others. When you are involved in some major task remind yourself of your humility and give the ones around you a chance. When you put others forward you will be able to ensure your own progress too along with that of others.

**Message for the day**

**The one who is calm and cool is the one who makes the right decisions.**

**Expression:** The natural nature of the human mind is to come under pressure and tension during negative situations. When there is a challenging situation, there is naturally the tendency to find it difficult to maintain an inner state of calm. But the one who has the ability to go within and find the inner calm is able to be clear in thinking and is able to make the right decisions.

**Experience:** When I am able to experience the inner state of calm, I am able to be clear in my thinking. With this clarity I find the right decisions and solutions emerging very naturally within my mind. I will never have the difficulty of having to make decisions, but all decisions are made with ease and they are right too.