

Today's Thoughts: May 01, 2020: Celebration



Opening Ceremonies at the Olympics in Sochi, 2014

## Celebration

Every day is a celebration because instead of waiting for happy endings, we open our eyes to the wonder of life, to see the humour and magic in each moment. Delighted in the way things turn out, amazed at the beauty of it all.

## **Believe It Or Not (Part 1)!**

Remembering the time when the world was a united kingdom of peace, love and happiness which lasted till we came down from our throne of purity and started playing with the dust of body consciousness, ignoring the truth of the universe. The truth was - body consciousness attracts sorrow and soul consciousness attracts the opposite emotion i.e. joy. **Why does God never experience sorrow although He is also a player in the world drama? The reason for that is simple. He follows the truth of the universe by remaining soul conscious right through the time He plays His role either on earth for a few years or when he stays in the soul world for rest of the time.** Imagine thinking about God as someone who is lustful or can you imagine God as revengeful. Does anyone all over the world in different religions every say God is one of these? Many of us have grown up hearing that God created man in his own image, right from our school days. So, a man in God's image should not ideally be either impure in any way or come under the influence of emotions of jealousy, anger, hatred and ego. Then, why is it that these emotions find a common place in the consciousness of today's man, so much so that life without them cannot be imagined by many or for most it is unnatural to live without them. Obviously, the saying mentioned above is for how man was in the beginning and not the man which we see today.

We have all also heard of Adam and Eve become sinful after biting the forbidden fruit, which suggests that man in its originality was something else, not an ape, as we have learnt in our education, but according to spirituality, a human right from the beginning. The only difference is that is that he was a human with better virtues – virtues like what God possesses – without any lust, anger, greed, ego and attachment. **Believe it or not – man was like God, the way he used to talk, perform actions and come into contact with others. It was as if God was talking through every human being in that paradise or heaven which we talk about very commonly, when man started playing his role on planet earth.**

(To be continued tomorrow ...)

## **Tolerance enables one to learn from mistakes.**

When you are sure of what you are doing and you are in your stage of self-respect, criticism can be taken in the right way. This will enable you to check yourself when you go wrong. Instead of justifying your mistakes you will be able to learn from them and improve. When someone criticizes you, remind yourself that you have something to learn from it. Ask yourself if there is at least a small aspect that you could incorporate in your life. Take this aspect and leave the rest.

## **Message for the day**

### **To have humility is to be available for others.**

**Expression:** To focus not only on the self but on others too brings humility. Such humility allows others to come close. The one who is humble is able to give others what is required. Yet he balances with a certain quietness, so that others don't become too casual and familiar

**Experience:** When I am humble, I am easy and light giving the love that I have within. I am free from the sorrow of expectations. Instead I actually become a reservoir of treasures from where others can take benefit. I am constantly a giver being available for others.