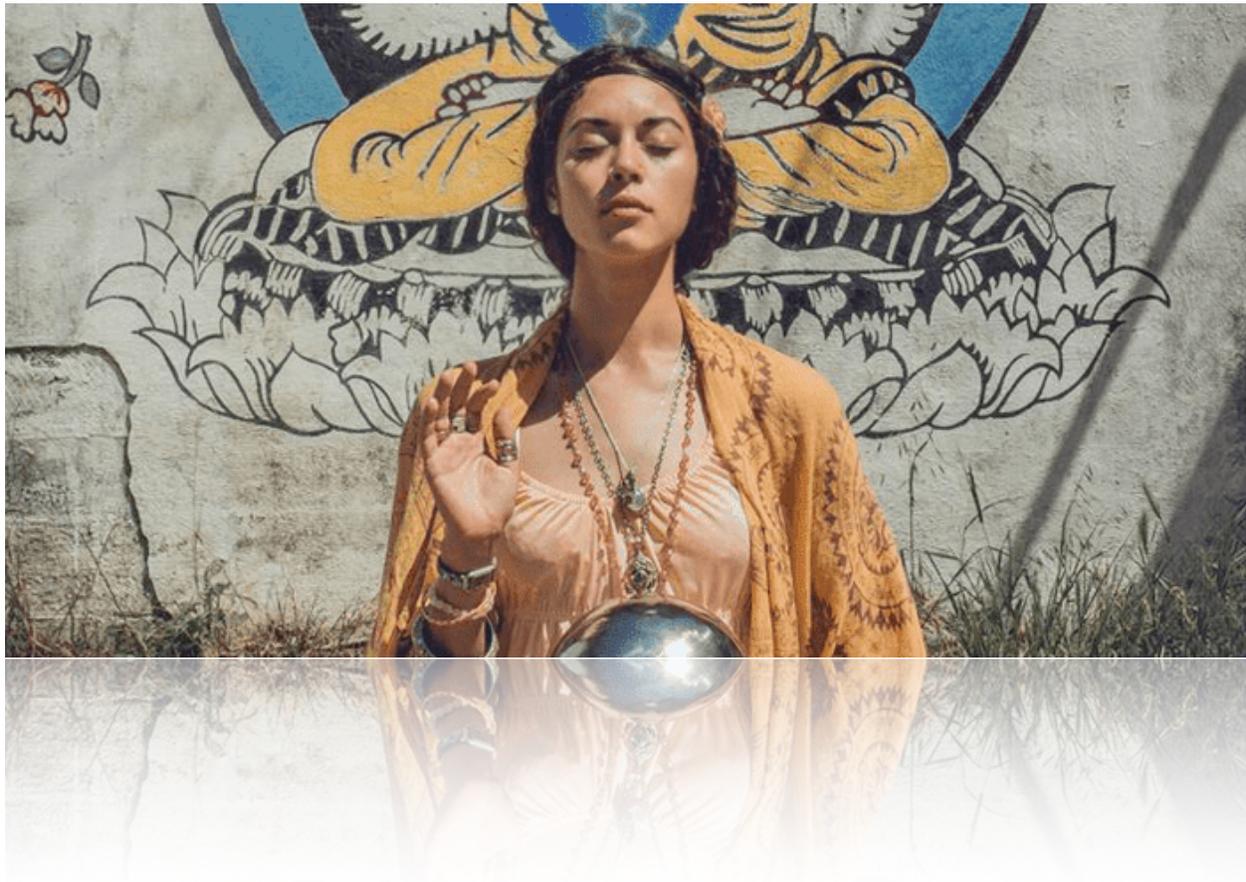


Today's Thoughts: May 14, 2020: Listen In



## Listen In

Only when we find the quietness in our own minds can we begin to hear our inner teacher, so that we may receive some in-tuition. Only when we are ready to recognize and value the wisdom that we carry at the core of our being will we turn our attention inwards and 'listen in'. But it's been a long time since we truly listened, so a little practice and patience will be needed. Sit down, be quiet and listen in at some point today and you might be surprised at what you hear. Then do it again tomorrow. All you need to do is remember that you are the listener and not the noise.

## Absorbing Spiritual Light (Part 1)

**Just as darkness is the absence of light, negativity which manifests as vices and weaknesses inside us is merely the absence of spiritual light.** Through the influence of negativity, the sense organs waste away the light. The question of vice, or sin, has been of a lot of importance in religion. No matter how much political or religious control has been imposed, nothing has been able to block the internal wasting away of the *light* of the soul. Light has a source but darkness does not. Darkness is not created by any source but is rather the absence of a source. In the same way, **the negative forces do not emerge from the real nature of the self, but are simply symptoms of a lack of spiritual power or light.** As spiritual power declines, symptoms of negativity such as anger, greed, ego, attachment, hatred, jealousy and related vices appear. On the other hand, as the soul's power and spiritual light increases through a union (meditation) with the Supreme, the vices automatically disappear. In fact problems are not fundamentally caused by a particular vice, it is a question of the extent of one's power. If I am weak, the *sanskars* mostly related to vices dominate my experience. If I am strong they do not have a chance to affect me.

The negative forces have often been personified as *Ravana*, *Maya* or *Satan* but in fact there is no such entity. *Maya* describes a level of consciousness. There is no outside being whom we can blame. The vices are symptoms of individual ignorance and loss of power, which appeared only when our original creative powers subsided as we came into the process of birth and rebirth. **When the soul's power fell below the level necessary to control matter and the senses; then the vices emerged inside the soul.** The soul was more and more propelled by them through many births, until today when they appear to be a basic part of our *real* nature.

(To be continued tomorrow ...)

## Inspiration to Action

We read many books, quotes and articles that inspire and stimulate our minds. But this isn't enough, as inspiration often fades away unless we take action.

Make what you read impactful by turning inspiration into action.

Here's how: pick one inspirational point to focus on and apply in your life.

## Message for the day

**The one who has the courage to face is the one who can bring about a change.**

**Expression:** When there is a challenge which brings out a negative response, there is an immediate desire to move away from the situation so that the negativity finishes. But the real challenge is not the situation itself, but the expression of a weakness within. The one who has the courage to face this weakness and work on it is able to bring about a change accordingly.

**Experience:** When I am able to face the challenge of working on my own weaknesses, instead of moving away from the situation I am able to experience progress at every step. Then there will be no feeling of helplessness but I will be able to have full control on the situation. So there is the ability to learn from each situation and move forward constantly.