

Today's Thoughts: May 26, 2020: Living in Peace



## **Living in Peace**

In order to live in peace, try not depend on anyone and at the same time try to help others not to depend on you. Help them become independent, free and responsible for their lives. In the same way, ensure you do not cause anyone sorrow, and do not allow others to be a source of hurt for you.

### **Reliving The Memories Of The Past (Part 3)**

**Can someone without spiritual power accept the negative happenings of the past easily** is a good question to ask? Of course, without the help of spirituality, there are some who easily move on and look at the present and future with a positive vision after an uncomfortable event has passed in their life, but that is only temporary and only a few are gifted with the natural ability and power to do that. Perhaps their *sanskaras* or personality traits which may be their own ones or received from their parents are one of strength and stability but such souls are few. But let us talk about the majority of us who do tend to become sorrowful sometimes when past events which have hurt us or brought down our happiness levels are mentioned by our family members or are remembered by us or their memories are triggered in our minds on seeing certain negative present events in our lives when without us consciously deciding, our thoughts and feelings tend to drift into a negative mindset.

Attachment is the seed of all negative emotions. If you see some of the vices or the main enemies of the soul – lust, anger, greed, ego, jealousy, hatred, even fear – all have their origins in one single negative emotion of attachment. Obviously, past memories surface inside some people's minds more than others because of a mind that is not able to let go of what it has faced or what negative experience it went through however long ago. **The ability to let go or forget easily is brought about by *sanskaras* of the practice of soul consciousness and Supreme Soul consciousness or the remembrance of the Supreme Soul.** Do you know that when we souls were completely pure in our initial births, we were in a state of such strong detachment that even when we left the body and took another body, we used to not experience sorrow? This is an external detachment from the physical body. Not remembering a negative past at all and a positive past excessively requires internal detachment. So, becoming a pure soul by visualizing oneself as a sparkling being or soul of light just above the eyebrows separate from this body throughout the day and even keeping an hourly chart for noting the amount of time I have remained in that experience in every hour **while performing actions** as well as **in the midst of actions**, every 2 hours for at least 3 minutes i.e. at least 5-6 times a day, seeing oneself as a sparkling soul in the Supreme Soul's presence in the soul world and absorbing His pure energy within oneself is the long term method of becoming internally detached from what has already happened in my life – either pleasant or not so pleasant.

## **To be light is to touch hearts without leaving a mark.**

There are certain moments where there is bound to be conflict or discord. Yet, when I am connected with the positive side of the relationship, I am able to give unconditionally and touch hearts. Thus, I am able to be free from such words, thoughts or even attitude that leaves a negative impact. Today I will say something good and touching to people around me. I will take as many chances I can to touch the hearts of those around me. This will make me appreciate and value the contribution that people in my life make for my own growth and progress. Every relationship has, in fact, some unique contribution to make.

## **Message for the day**

### **To be focused on the goal is to use our potential well.**

**Expression:** When I am focused on my goal, I will not be caught up with the side scenes that come my way. Distractions need not necessarily be positive; it can also be in the form of my own weaknesses or challenges from others. When I understand that I am on a journey and I have to move forward to my goal, I will not be distracted by any good or bad scene that comes my way.

**Experience:** Today I will clarify my goal and focus my energies towards it. I will do at least one thing that will make me move towards that goal. And if anything happens that disturbs me, I will remind myself that getting stuck there would not help me move forward in my journey.