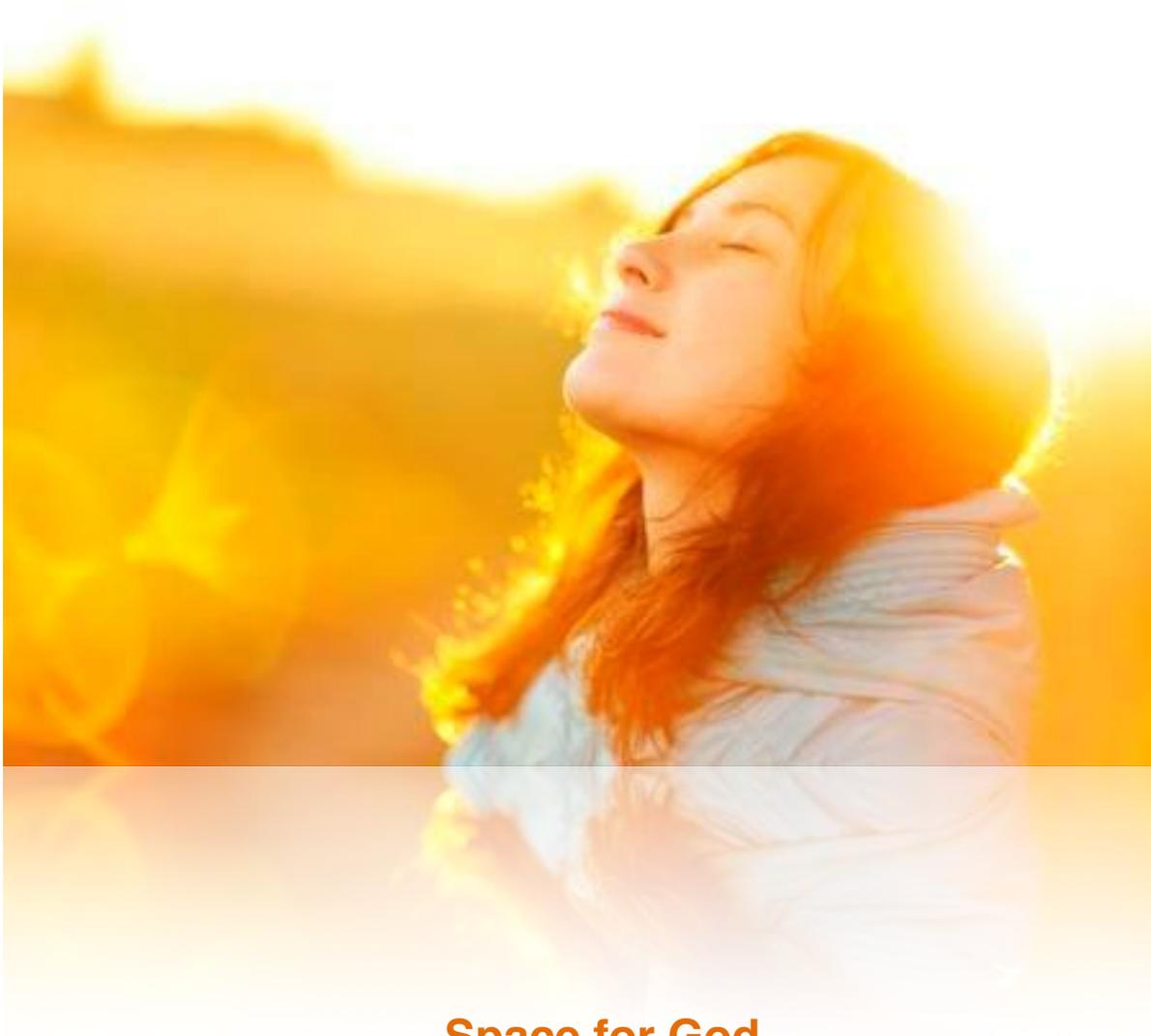


Today's Thoughts: June 19, 2020: Space for God



Space for God

The best solutions to problems will not be the result of hard thinking. Use your time better by creating peaceful thoughts, and problems will cease to affect you. Do not try to solve everything on your own. Leave some space for God to come and help you.

Practical Positive Response Training To The Mind (Part 1)

Meditation is a process in which I train the mind to consciously create those right type of thoughts that I wish to have, inside my mind, regularly in my daily routine. On the field of action, I am faced with various different types of negative and uncomfortable situations, which have the first and most immediate effect on my thoughts, before showing on my face in my expressions or in my words or actions. I do realize inside, that the thoughts (and as a result my physical response) created at these times are not the right ones. **I want to inculcate a habit, whereby my thought patterns are only which I like or are the right, positive and powerful ones no matter what happens.**

So where do I start? Meditation is the start. Meditation is the time, when I consciously create positive thoughts. What benefit do I achieve from that? In these few moments, I am changing the deep and very old habit (not limited only to this birth) of creating the wrong type of thoughts, whenever I am faced with a situation which I do not like. How do I do this? I do this through the intellect. The intellect takes hold of the reins of the mind and chooses the direction in which it will travel. Why is it able to do this? Because, **during meditation, I bring myself back to the knowledge or belief that I am a soul and my intellect accepts and absorbs this awareness. This belief then becomes the key to taking charge of what is going on in my mind.**

(To be continued tomorrow ...)

Giving Feedback

Here are a few suggestions for giving feedback to others, especially if something needs to be corrected:

- be respectful and ask if you can provide feedback
- keep the feedback constructive and issue specific
- make your words kind and considerate

Your suggestions are impactful when you walk your talk and are willing to do everything you're recommending to others.

Message for the day

Positive thoughts heal even the disease of the body.

Thought to ponder: When I am ill, it is very easy for the mind to become ill too. I tend to have negative thoughts and suffer. These negative thoughts don't restrict themselves to that particular part of the body, but is carried forward to the entire body and the mind too. The mind which has to be the healer, becomes a victim and hence weak. At such times, it is important that my mind is strong creating a positive influence on the body.

Point to practice: Today I will not think about my illness. When the thought does come, I will make sure I give vibrations of power and peace to that part, so that I will help it to heal. I will do everything for it to heal rather than damaging it further by having negative thoughts about it.