

Today's Thoughts: June 13, 2020: Free From Gossip



Free From Gossip

When someone is talking about another person's shortcomings, I need to question why I am listening: is this information of any use to me, or can I do anything about the situation? If not, then I need to remind myself that there is no use in listening to such talk. Instead, I need to make an attempt to look at the positive qualities of the person in question, and think about how I can help everyone focus on these instead.

Soul Power Over Role Power (Part 1)

Every act that we are involved in throughout the day is made possible or real by two entities - role and soul working in conjunction with each other. Although, it is a spiritual fact that the soul is the master and makes the role function, without the soul the role cannot function; while playing any role in our day-to-day life we tend to forget this fact and our entire focus falls on the role that is to be played, forgetting that by doing that, we bring down the probability of success of that role in our personal or professional life. **Focusing positively on the soul and its components while playing the role fills the role with soul power and focusing on the role and its components while playing the role fills the role with something you could call role power.** We need to create a balance between the role and the soul and a balance in using both role and soul power to bring about the success of the role, the role could be of any type. Even a project that you have to work on in the office which is going to last for a month is an example of a temporary role you have to play. There are many other examples of roles - getting your child's homework done, preparing food for the entire family, doing charity work at the club together, taking part in an extracurricular activity in school or college, etc.

Any such or other role will consist of some or all of these components - various tasks, interaction with people or relationships, mediums like wealth and other objects, time, knowledge of everything connected with the role including the components that make up the role, etc. All these components are physical in nature and make up the role. The power that these components possess makes up what we call role power. Now, what happens is that as soon as we step into the role each day or on a particular day, obviously our aim is to bring about success of the role, but to achieve that, **our entire focus falls on using the power of the role, neglecting the immense potential that soul power possesses.** We spend our day and night in streamlining the role components for the well being of the role, not realizing that this purpose could be more easily achieved, if the focus is more on using soul power, obviously without neglecting role power (without which the purpose cannot be achieved).

In tomorrow's message, we shall explain the various components that make up soul power.

To travel light is to enjoy the journey of life.

I can travel far in life when I am free from the baggage of the past. I also take only the essence from everything, packing up essencefully. So, I am light. I never stop because of anything. Instead, I learn from everything, pack up the essence and move forward. Today I will resolve one thing from my past that I have been carrying as a burden. I will try and understand what learning I can take from it. Once I take the learning, I don't have to relive those feelings that I had during the situation. If I can't resolve it today, I'll at least believe and have faith that it will happen tomorrow. This finishes the burden of the situation and brings lightness.

Message for the day

The treasure of thoughts is the biggest treasure.

Thought to ponder: When I think negative or waste, there is a high speed of my thoughts. Such thoughts are not powerful. On the other hand, when my thoughts are positive, there are few powerful thoughts. Such thoughts create a positive impact.

Point to practice: Today I will check my thoughts. I will also create a beautiful thought that I will sustain throughout the day. "I have the power to influence my life" "I am the master" is a simple positive thought that will lessen the speed of my thoughts and make me powerful.