

Today's Thoughts: July 30, 2020: Empower Others



Empower Others

Empower others by filling your own heart with courage, your thoughts with determination and your eyes with destiny.

Yoga - A Lifestyle (Part 1)

All of us are constantly living a life of yoga, which in spiritual terms is called a link or connection between two entities i.e. the one which remembers and the other one which is remembered. Examples of what we have yoga with could be a person or God (called *rajyoga*) or your actions (called *karma yoga*) or spiritual knowledge (called *gyan yoga*) or *bhakti* (called *bhakti yoga*) or your breath (called *pranayama*) or your physical body (called *hath yoga*) or even a physical object like a candle flame. So, yoga is life and should not be limited to sitting in a particular posture for a few minutes at a particular time of the day. Basically, remembering anything or anyone is yoga. The word yoga should not be limited to exercise which is a narrow definition of yoga. Focusing on one's own body is extremely important, but only one aspect of a yogi lifestyle. A complete or comprehensive yogi lifestyle is focusing on pure and constructive sources right through the day including God, because yoga means union or link, a union which will benefit the soul and body positively.

We all live our lives in search of peace, love and happiness and also inner powers which we as spiritual beings are lacking in. So yoga i.e. our mental energy correctly channeled and connected with something positive provides us with that. People also call performing actions as yoga which is called *karma yoga*, but only performing selfless actions with complete dedication nowadays with the stresses and strains of everyday living can be depleting on a mental energy level unless the *karma yoga* as it is called is accompanied by a mental union or link with the Supreme while performing the actions, which helps us in remaining unaffected by the stress caused due to being over-busy in those actions. That in the true sense is *karma yoga* i.e. selfless *karmas* performed in the remembrance of God. **This link between me, the spiritual child and God, the spiritual parent, nourishes me continuously and gives me the strength to perform actions with complete accuracy and get the desired success filled result.**

(To be continued tomorrow ...)

There's no use crying over spilled milk right?

But if you don't recognize the importance of the spilled milk, you'll just make the same mistake again.

Leverage the regret to your advantage, by learning from the experience.

Then harness the lesson learnt by asking yourself: what will I do differently in the future to prevent similar regrets?

Message for the day

To have a powerful intellect is to take the positive and leave out waste.

Expression: I need to make my intellect powerful like a swan (it only takes jewels and leaves out the pebbles). I need to recognize and accept what is good for me and reject what is not good for me. With practice I find that it becomes a habit to see only that which is good for me. This will make me positive in all my future interactions too.

Experience: Today I will make a conscious effort to find some aspect of my life that is positive. This I need to remember consciously and remind myself from time to time so that I can carry it through the day. This will ensure a touch of positivity to all I do.