

Today's Thoughts: July 17, 2020: Canned Success



The Beatles with Maharishi Mahesh Yogi in his spiritual training camp in Rishikesh, India, 1968

## Canned Success

Success comes in cans, failure in cant's.

## **The Law of Cause and Effect (Part 1)**

To imagine how the law of *karma* works, consider what happens when we throw a stone into a lake: it causes ripples that spread out towards the shoreline, before returning to the center point.

Human beings constantly emit energy. We create thoughts, emotions and feelings that transmit vibrations. There are people who tend to radiate energy and others who tend to absorb it. The energy we give off hits other people and rebounds back to us. From this law we should understand that if people send us energy that is not very pleasant, perhaps it is because on another occasion we sent out this type of energy, although it may have taken a long time to come back to us.

If we make an effort to give off positive energy, with love and respect for others, this energy will also come back to us. Positive energy creates a higher vibration than negative energy. Radiating positive energy produces an aura around us that protects us from negativity or from feeling hurt or humiliated. Our ego, which causes the radiation of negative energy, makes us susceptible to criticism, lack of respect and slander. If our ego does not take over, the negativity will not touch our inner selves.

**Tomorrow we shall explain the benefits of realizing this law.**

**To have the right understanding is to have the ability to finish the past.**

What happened in the past continues to bother me, unless I make an attempt to resolve it. When I bring understanding to the incident, I am able to finish the pain of the past. That means I need to learn something from it, or see some benefit that has come from it. Either way, once I resolve, I would find myself moving forward with lightness, without the burden from the past. Today I will resolve one thing of the past that is bothering me. I will take some time and try and bring meaning to what happened. There is surely something that it was trying to teach, if I am open to learning. So, today I will get to the bottom of the situation and take the learning.

### **Message for the day**

#### **Understanding brings happiness.**

**Expression:** Happiness lies in understanding the secret of whatever is happening. When one is able to remain happy in this way, he is able to spread this happiness to those around too, influencing the lives of all.

**Experience:** When I am able to remain happy under all circumstances, I am able to be free from the influence of others' negativity. Instead I will be able to become a major source of positive influence to those around me.