

Today's Thoughts: July 02, 2020: *Gentleness*



Elephant Tree Arch, Thailand

Gentleness

If trees had souls, the quality most attributable to them would be gentleness. Gentleness is not a lack of strength but a quality which doesn't disturb, doesn't push, yet knows its power and can provide shelter.

8 Powers To Experience Success (Part 2)

Whenever you start the day and you have work to do, remind yourself that I have to use the eight spiritual powers in overcoming situations of various types and experience success. Take for e.g. today I have to meet a group of executives in a company meeting and we have to take a few decisions based on everyone's feedback. For such a situation, I need to use the power to discriminate the different opinions of people and also the power to judge and reach a final decision based on the different opinions. For this I need a clean intellect and a stable mind and also as mentioned in yesterday's message the *sanskaras* of these two powers especially. Also, suddenly my close associate in the office develops a cold war with me i.e. he starts keeping a distance from me. In such a situation, to get him back on good terms with me, I need the power to co-operate and accommodate along with the other powers to a lesser extent. These are examples of two different situations at the workplace.

Then there are situations involved with the body becoming ill at times and the mind feels burdened by that and the smile on the face is replaced by discontentment and indifference for many people when faced with such physical body related problems. In such a situation the primary power required is the power to face and the power to accommodate. The other six powers also reduce when faced with an illness. There are some people who lose their temper or get angry very easily when they are not physically well i.e. their power to tolerate and power to co-operate reduces. Also, some people will find it hard to discriminate right from wrong and judge correctly when are not well, which are two important powers required to be successful in real life situations. And again, because in all illness, negative thoughts can increase, there are people who will find it extremely difficult to get sleep and remain focused i.e. their power to pack up and withdraw gets affected in such a situation.

(To be continued tomorrow ...)

Get a Boost

When we're tired, it's all too easy to give in to the tiredness and get cranky.

Resist the urge; tired and cranky is not a good combination, you're likely to say or do something you regret later.

Here are a few tips to release the tiredness:
adjust the air-conditioner setting, open the window,
step outdoors and grab some fresh air, listen to an energizing song or drink water.

Give yourself a boost and get back on track.

Message for the day

To be free from worry means to have the power to change negative into positive.

Thought to ponder: The ones who are free from worry change that which is bad into something good, because the state of mind is calm. The one with a calm state of mind is able to think creatively and see very clearly even beyond the situation. So there is the ability to transform the seemingly negative situation into something very positive. So there is clear decision-making and quick action. There is also no time wasted.

Point to practice: When I am free from worry, I constantly remain satisfied for having seen the positive and finding the solutions immediately instead of looking at the problem and worrying over it. This internal silence gives the feeling of power, which naturally enables transformation in a second and only the goodness is absorbed.