

Today's Thoughts: July 03, 2020: The Best Language for Communication



The Best Language for Communication

Silence is the best language for communication. It helps us understand and realize the eternal truths about the self, God and the world. In silence we are able to comprehend and express sincerely and powerfully the true values of the soul such as peace, love and joy. Silence is not the absence of thoughts but it is a state in which the mind is engaged in pure elevated thoughts that nurture these values within. The power of silence develops all mental and spiritual powers that are needed to tackle various situations successfully.

8 Powers To Experience Success (Part 3)

The list of different situations that we go through in the entire day is endless. Of course, the powers required in all the different situations are different. Sometimes not just one or two but all the eight powers, to different extents, are required to experience success. We have to bring the power into action. **There are three stages of bringing a power into action. The first step is realizing that in a particular situation I need a particular spiritual power and being sure as to which that power is or powers are.** For this, I need a calm mind and a pure intellect and also an experience of the past of having gone through different types of situations of the mind, body, role and relationships. E.g. if someone's behavior is not very positive towards me, in such a situation, to experience success, I need the power to tolerate and accommodate. At the same time, in such situations, it is not wise to use the power to face i.e. being bold and trying to face the other person. I need to know that I have to face the situation, not the person, which could spoil the situation. So, I need to be clear about my choices and need to be sure as to which of the eight powers I should use. A wrong choice of power can mean a negative situation becoming more negative and a right choice can lead to a solution to a problem.

Then, **the second step is to emerge that power inside my consciousness.** This depends on how my *sanskaras* have been filled with these eight powers over a long period of time. Of course, all people have all eight powers to a little extent at least, but some people's *sanskaras* of the powers are deeper than the others and so they are able to emerge the powers more easily. Also, after that, **the last step is implementing the power and bringing it into action.** This means that the power does not only emerge in my mind, but it shows through my thoughts, words and actions also.

(To be continued tomorrow ...)

To calm the mind is to have the ability to correct situations.

When we become anxious about something, it is but natural to get caught up in it. At such times, we find our mind racing and the speed of actions increasing too. We try desperately to do things that mostly are not right. It is important for me to calm my mind, before I try to correct the situation that is causing me anxiety. Today I will move slowly. I will reduce the pace of my actions and also of my thoughts. The best things are always discovered in silence. So, even if things go wrong, I will not let them make my mind race. Today I will discover the beauty of situations in silence.

Message for the day

Feelings change intentions, thus changing actions too.

Expression: When there are negative feelings like jealousy or hatred towards another person, those feelings naturally create misunderstanding. Even if the other person has a good feeling while doing something, a negative intention is attributed and this naturally changes one's own behaviour or response making it negative too.

Experience: When there is the slightest bit of negative feeling within me for someone, it naturally creates further negativity from others too. I find everything I come across to be negative, like the one who wears coloured glasses sees everything to be of that particular colour.