

Today's Thoughts: August 26, 2020: Think Simply



Think Simply

Making it simple means making things easy and clear. The magic wand to wave over your life is 'planning and prioritizing'. Make plans, long and short term and then prioritize. Then practice taking one thing at a time, so you can have one thought at a time, with some space before you have to have your next thought. But don't get attached to your plans or priorities. Be flexible (easy) and yet focused (clear) and in this way you can teach yourself to think simply and act simply. One thought at a time. At your own pace... In your own space.... A simple life is a contented life.

Living Relationships The Soul Conscious Way (Part 1)

We all live in a world where love is the most precious virtue or quality that exists and we are all souls full of love. It's only when we lose access to our inner treasure of love that we start expecting love from others and begin searching for it outside, from others and even from the physical world, which we commonly call flora and fauna. Flora refers to plants around us and fauna refers to animals. It is not wrong to love and be loved by humans and nature. That is not searching for love. **Giving love to humans and animals and receiving love from them and also loving plants and nature in general, has existed in the world right from the time the world was a beautiful paradise**, full of happiness, love and purity. That world is also called the Garden of Eden or Garden of Allah or *Swarag* or commonly called the Golden Age or heaven.

There is a difference between receiving love and experiencing happiness because of that and searching for it from others. Also, when we make ourselves dependent on this love for remaining happy, it means there is an emptiness inside us. The love that makes us empty instead of filling us and giving us a feeling of fulfillment is a love based on a physical consciousness. On the other hand, a love based on soul consciousness is a love that does not attach itself to the other person so much, so as to bring about sorrow when it is not received or when the love is no longer available to us i.e. when the other person leaves us or stops talking to us or goes away or does not love us anymore for some reason or the other.

(To be continued tomorrow ...)

Lighten up!

Take life as it is, full of drama and adventure. Experience the fun and the excitement, if not, it'll turn into melodrama!

So, the next time things get dramatic in your life, add the ingredient of humour and go from feeling heavy to being light.

Lighten up and you'll lighten up the situation; going from melodrama to enjoying the drama of life.

Message for the day

To appreciate the value of something is to bring it into our own lives.

Thought to ponder: When we see something nice or someone using good qualities, we tend to appreciate. Sometimes there might be negative feelings like comparison or jealousy. Either way, it is not going to help us. But when we truly appreciate something, we need to see how we can imbibe this in our own lives. If we have the capacity to notice, observe, understand and appreciate something, we surely have the capacity to imbibe it too.

Point to practice: Today I will start practicing something that I have noticed and appreciated. Instead of trying to do it fully immediately, I will start with a small step. When I start doing it, I will surely find it being absorbed into my own life. Bigger changes will come too, slowly but surely.