

Today's Thoughts: August 04, 2020: Take a High Jump



Take a High Jump

Do not waste your time trying to break a rock of obstacles, but overcome it instead by taking a high jump.

Ruling The Kingdom Of The Mind (Part 3)

Rulers have ruled over different territories all across the globe since thousands of years. There was a time when rulers headed the complete world, a time when there was no trace of sorrow or hatred or injustice or disharmony in their kingdom. We know these rulers as *devis* and *devtas* or also gods and goddesses today. What was the secret of their success? They possessed, apart from the skills to rule, all the powers to succeed. **So what is the secret of success for the spiritual king, which is me? I enhance my spiritual powers and make them a part of my personality trait set.** How? The examples of thought suggestions which we explained in yesterday's message - their practice. Thought suggestions coloured with the seven primary virtues - peace, love, joy, purity, bliss, power and truth. We have explained four virtue types in yesterday's message. Our readers could give a thought to the remaining three.

These virtue coloured thoughts, when repeatedly brought into my conscious canvas everyday, seep inside me and colour my sub-conscious canvas, which then fills me, the spiritual king's personality, with those seven virtues. Virtues in turn cause the creation and increase of spiritual powers inside me which in turn makes me mighty or strong, a king with the eight primary spiritual powers - the power to withdraw, the power to pack up, the power to tolerate, the power to accommodate, the power to face, the power to discriminate, the power to judge and the power to co-operate. Such a power-filled king is then obeyed by his ministers - the thoughts, feelings and emotions and his people - the attitudes, expressions, words and actions and all of them learn to respond to the outsiders i.e. external situations, in tune with their king's personality i.e. in tune with the seven primary virtues and the eight primary powers. As the king, so his ministers. As the ministers, so his people - resulting in a harmony, love and joy filled atmosphere in the complete kingdom. Such an order filled kingdom is a kingdom of high self esteem, and is respected by other spiritual kings it associates with everyday because the kings who come in close connection with such a kingdom experience these virtues and powers from the kingdom and its people i.e. my complete self.

Gain Clarity

Feeling stuck? Stressed? Don't quite know what to do next? Wondering how to deal with a particular situation or person?

Don't worry, help is at hand! Within your multifaceted personality there will be one bit which has the answer.

There may be an aspect of you creating the disturbance, trying to be heard.

Another part, keeping quiet, observing, listening, and staying out of the fray.

Give yourself that inner attention and ask questions to the many faces of your personality.

Unravel and release all the stressed thinking to find the answers.

Gain clarity and the person, the situation won't seem daunting at all!

Message for the day

To believe that destiny is in my hands is to create a positive future for myself.

Thought to ponder: It is easy to blame destiny when something goes wrong. But instead of just blaming, if we begin to understand that 'today is past for tomorrow, we will be able to act accordingly. With every action that I am doing today, I am creating a future for myself. I need to pay attention to do such actions which will create a better future for myself.

Point to practice: Today I will do something that will help me build a better future for myself. I will initiate one positive action that I will sustain. I will do this with the belief that I am the master of my destiny and that future is in my hands. This will help me create a fortune for myself.