

Today's Thoughts: September 29, 2020: Truly and Permanently Happy



Truly and Permanently Happy

The secret to life's purpose is to be happy. In order to be truly and permanently happy, we have to fulfill our best intentions and act on them right away ... even if that means we start by just giving good thoughts to them.

What Are Thought Vibrations?

The word atmosphere has two meanings. One refers to the physical air around us and the other to the more subtle effect that thought vibrations create in a particular space. No one can deny that the atmosphere of a crowded restaurant is different from that of a temple. This is mainly because of the effect of different types of thoughts and feelings in that space. Even someone deaf and blind would have the ability to pick up the difference. Sound vibrations are invisible but their impact isn't. A pneumatic drill or a jet breaking the sound barrier jolt both our minds (non-physical effect) and the walls of our houses (physical effect). Thought vibrations can't be seen but their non-physical as well as physical impact is even more powerful and influential. The panic that people generate during a stampede or an earthquake and the euphoria (absolute joy) of victory in a World Cup final cricket game are examples of how thoughts create an atmosphere.

On a subtler level, many of us have the experience of basic telepathy - I was just thinking of you and you called. Thoughts connect individuals over large distances. Doctors inform us that over 90% of the physical body's illnesses have a psychosomatic (mental) origin i.e. they are a direct or indirect result of our state of mind. That makes the human body the prime example of how thoughts affect matter.

Since the world is made up of the collective, personal worlds of all individuals, then it's easy to see how the international political, economic and social atmosphere is nothing more than the collective effects of all our thoughts.

Reluctance

When "I have to...." do something, it can easily turn into an experience of continuous reluctance.

If you keep thinking, feeling, saying and living with reluctance in one area of your life, it soon becomes a habit which starts turning up everywhere else in your life!

Nothing productive, fulfilling or empowering ever gets created with the energy of reluctance. Are you ready to put the reluctance habit aside?

Change "I have to...." to "I want to...." and go from reluctant to ' '!

Message for the day

The power of thought has the power to create.

Thought to ponder: A seed sown and tended to, gives fruits in plenty. In the same way, the seed of a positive thought, when sustained from time to time, has the capacity to create. I find that instead of situations controlling me, I am able to be a master and control the situation with ease.

Point to practice: Today I will create a positive thought and sustain it throughout the day. Whatever else comes in my way to change this thought, I will not let it influence, but will continue to sustain this thought consciously. I need to start observing and appreciating small little positive results that I get with this practice.