

Today's Thoughts: October 22, 2020: Ego Destroys Love



Ego Destroys Love

The difficulty with ego is that it is deeply concealed. Most of us don't even know we have it. Ego destroys love. It destroys the ability to learn, so there is no more give and take. No more love. We go through many kinds of situations all day long so we should make sure we don't stop exchanging love. Ego can be overcome by developing humility. If we don't know how to bow love finishes.

God And I – The Task We Share (Part 4)

Whenever you begin your day each morning, begin with a vision of love and mercy for each and every individual of the world. Do you know that the negative thought energy of each individual of the world is going to each corner of the world and causing negative changes in the universe? This is showing in the form of natural calamities like earthquakes, floods, droughts, and many more forms on a physical level along with negative changes in the minds of people on an emotional level. It may be difficult to believe but each of the more than 700 crore individuals of the world are contributing to a negative fall in values as well as physical energies of the world. Remember, as each one's cumulative negative thought patterns are affecting the world in a big way, in the same way the positive thought power of a few pure and powerful minds can cause positivity to spread in the entire world and begin to change the world constructively. It does not require crores of people to bring about a change in the world, only a few thousand or a few lakh pure and highly motivated minds can do it.

We all live in a world where we are influencing each other every second with our thought energy and also changing each and every molecule of the world including every cell of our own physical body, nature in general and nature's five elements – earth, wind, water, fire and sky. So, as a world server, it is important to realize that the world does not necessarily need the positive energy of all the people of the world. It is not possible that all of us i.e. each and every individual of the world will change in a big way or become purer. We do not have such a huge system in place where everyone starts cleaning their consciousness and that starts changing the entire world. It is only me, as an individual who can start purifying myself and bringing about a change in my immediate surroundings like in the people I am close to, my loved ones, the society in which I move about and then the city in which I stay, then in my country and then in the whole world. **This is called world transformation through self-transformation.**

(To be continued tomorrow ...)

The 3 C's

People matter, but often we're so focused on our daily activities that we don't think about the best way to interact.

To make your interactions meaningful, practise the 3 C's:

- 1) Co-operate: Lend a hand, an idea, a bit of encouragement. Reach out and make small, yet significant gestures.
- 2) Communicate: Relate honestly, respectfully and with genuine enthusiasm. And make your small talk count.
- 3) Connect: Interact face-to-face as much as possible. Really pay attention and listen. Listen to understand others.

Message for the day

The one who is full with all attainments is the one who is creative.

Thought to Ponder: If I am forever dissatisfied with what life brings me, I will never be content. Without contentment there cannot be creativity and beauty in my actions. I will be able to make of what I have for something better when I am able to appreciate what I have today. If I go on complaining about what I don't have, I will never be able to progress.

Point to Practice: Today I will make a list of all that I have as a gift. What I could include in the list could be a skill, a talent or even a quality. I will then put at least one of them to use, starting today. This will encourage me to use my other qualities too in a better way.