

Today's Thoughts: October 03, 2020: Personal Change



## **Personal Change**

When you do not upset yourself thinking about how others must change and instead you concentrate on your own change, good things start to happen. First, you will feel better about yourself. Second, you will start to have positive feelings towards others and start to understand them. Third, others start having a more positive attitude towards you. There are many hidden benefits in personal change.

## **The Soul Realized (Part 1)**

Have you ever wondered what your past is i.e. do you ever believe that life is eternal or in other words life is not only a one birth reality? We all know about what the soul is and hear about it but do we apply the knowledge that we hear in our personal life? **Everything that we do, every action that we perform through the physical body is actually the spiritual energy or soul performing the action or speaking the words or even thinking about something**, but because the soul cannot be seen, we think it is me, the physical form, which is doing everything. Even science today has started considering the immortality (beyond life and death) of the self and people have started believing how an invisible and non-physical source of peace, love and joy exists which is me, the soul, and this source consists of the mind which thinks. On the other hand, the brain is just a physical medium through which the soul functions and it is a medium which contains chemical and electrical activity corresponding to the entire thought activity of the mind, inside it. The thought activity is inside the mind and is non-physical and the chemical and electrical activity, which is caused due to the thought activity, is inside the brain and is physical. Do you know that every time you create a thought inside your mind, your brain produces weak but clear electrical signals corresponding to that particular thought? The method of recording and understanding these electrical signals is called EEG (Electroencephalography), which also gives us an idea of the thought activity that exists inside the mind. This is similar to the method of ECG (Electrocardiography) which records the electrical activity of the heart.

There is also a group of respected people around the world who are offering their services to spiritual organizations. There are many people from different fields of life like engineering, medicine, business, education and politics who have dedicated their lives to the spiritual upliftment of people, while serving in their respective fields, along with performing spiritual service. All these people from various backgrounds have recognized and experienced that they are energies of consciousness or souls, who are running their physical bodies, which is the most basic principle of spirituality. Also, **there are people in the world who have experienced themselves as separate from their physical body and brain in meditation and also through near death and out of body experiences.**

(To be continued tomorrow ...)

## Crack the glass ceiling

For most of us, the glass ceiling that stands in the way of success is our own self-limiting beliefs.

Identify what's holding you back. Determine the steps you need to take to move forward. Take the steps.

When you crack the glass ceiling, there are no limits, just potential and blue sky!

## Message for the day

**Positivity in the mind brings power in words.**

**Thought to Ponder:** These days, there is a lot of importance for the words that we speak. Small little words can make or break relationships. But, in order to bring impact through our words, we need to have positivity in our mind. When positive words are combined with a positive mind, it brings positive results in interaction and relationships.

**Point to Practice:** Today I will appreciate someone with love. I will encourage him with positive words. But before that I will take a thought of good wish for this person. Then, whatever I say will have power in it and thus will create a positive impact.