

Today's Thoughts: December 17, 2020: Peace is simplicity. Simplicity is beauty.



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Choose a day as your day of simplicity.

Speak little, and listen with attention. Do something incognito and nice for a person you are close to. Eat simple and natural food.

Create time periods for not doing anything - just walk, look around, live the moment. Have your mind open to a more profound and silent sensitivity. Appreciate each scene and each person as they are.

Viewing Situations Positively (Part 3)

Feelings of helplessness when faced with difficult situations are something that many people in the world experience. It's as if life comes to a standstill and you don't know where to look for help and whom to call out to. Is it so difficult to face situations? Doesn't God know what we are going through and can't he be made a part of the situation to cross it. Some say God is a spectator to our problems and he is too far away to hear our voice but is it so? **God waits for His help to be taken because you are His spiritual child and you have a right to take His help.** Also, God is not very happy if we say that He is insensitive to our troubles. Some people even go the extent of sometimes incorrectly saying that all the happiness and the sorrow in our lives is given by God, which is not true. But, at the same time to get us out of the sorrow is something that even God is always eager to do, but we need to take His help by remaining strong and stable in the negative situation. It is said that one step of courage taken by us brings thousand steps of help from God, who is our Father and taking His help is the first thing that should come in our mind when we are in trouble and not the last as sometimes it happens. We get so over-involved in situations and in thinking how to solve it that we forget that there is someone sitting out there who can be called down by the power of thought and ordered to help us as we would do with our physical father, if we needed his help.

Some people assume that God should help on His own, but **there are two pre-conditions to receiving His help – one is courage and the other is remembering Him**, which is a way of giving Him respect, who is the Highest of Highest. Remember God is the most humble being that exists. But He will help us when we remember Him much more than if we are disconnected from Him. Taking His help makes it easy for you to face the situation at hand and hence view situations positively.

I need to recognize that like musical notes we are all different.

Only when I am able to harmonize with others can I create a beautiful tune. When I work with other people, I learn to understand them. In the process, I will also learn more about myself and how to use my strengths to support others.

Message for the day

Creating quality thoughts brings happiness and lightness.

Expression: When there is quality thinking, thoughts are not many, but each thought is special. Quality thoughts are reflected in quality words and quality actions. They reduce tiredness and carelessness as thoughts are fewer in quantity.

Experience: When I have good quality thoughts, I experience sweetness, happiness and self-respect. I am able to recognize my own greatness and move forward with lightness under all circumstances.