

Today's Thoughts: December 16, 2020: Ignorance makes you believe that life happens haphazardly



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Wisdom teaches you that everything that happens in this theatre of life has profound significance.

What you see today is not the fruit of chance but a fruit from a seed planted in the past.

Plant seeds of peace now and you will create a life of peace in the future.

Viewing Situations Positively (Part 2)

Situations arise in our lives regularly and even suddenly at times. At those times we are not prepared for them and even the best of people who are generally very positive will at times become disturbed when they look at them. There are people who have had heart attacks or have died of shock when someone close to them died or when suddenly their business went down or when their favorite sports team lost a game or when they were told about a serious illness which they were suffering from. So, life can be demanding at times because we are not prepared for situations and at the same time we are not mentally strong enough to face them. So this makes it difficult for us to adjust to the sudden changes in our life and also we are generally attached to a perfect life in which no difficult situations exist. There are people who fear situations not so much because of the actual situation itself but more because of the fact that the situation exists in their life. This is called attachment to a particular lifestyle which we are used to, where everything goes smoothly and a little change in that can disturb us mentally.

Bringing spirituality in our lives is an important way of making our lives firstly free for the fear of situations existing and at the same time becoming aware of why situations arise in our lives and accept them easily and lastly what we can do on a physical and non-physical level i.e. at the level of our words and actions which are physical and at the level of our thoughts which are non-physical to reduce situations in our lives. **Also, the power to face situations fearlessly increases inside us when we have the hand of God to hold on to** and when we have a very deep relationship with Him based on a spiritual understanding of who He is actually and how we can connect with Him. The connection becomes easy by experiencing ourselves as a soul or a being of spiritual light which is different from the physical costume we wear which we commonly call the human body.

(To be continued tomorrow ...)

If I am not getting what I want or need, I may need to adopt a different approach.

Instead of focusing on my own desires, I need to understand that perhaps I'm not getting what I want for a reason - perhaps I'm not ready for it yet. If I concentrate instead on what I have to give to others, I will find that what I need comes to me naturally.

Message for the day

To be free from the influence of the past is to have the ability to fly forward.

Expression: There are so many things of the past that keep coming up in the mind again and again. Instead of being like birds holding on to the branches of the past; the one who looks at the clear sky gets the inspiration to move forward. To look at the clear sky means to look at the present moment and make the best use of it.

Experience: The ability to free myself from the negative influences of the past, enables me to have a vision of equality. I will then not be judging others on what my past experiences with them are. I also find myself experiencing the benefit of each and every moment. So I experience constant progress.