

Today's Thoughts: December 20, 2020: Patience



Patience

Patience teaches us to sow the seed in the form of right actions and to allow the fruits of those actions to ripen in their own time.

I don't need to think about the future benefits of what I do now, because I know I will receive what I need when the time is right.

If I let go of expectations and allow things to develop in their own time, I will be able to enjoy what I am doing in the present, and the future will automatically become good.

Filling Myself And Others With Invisible Treasures (Part 1)

Soul consciousness or the awareness of the soul is the key to the internal treasures of the original and eternal qualities of the soul. **The moment I switch on the awareness of the soul**, a spiritual point of subtle light or energy, situated at the centre of the forehead, **I start accessing the qualities of peace, love and joy that lie hidden inside my consciousness**. Since these are not physical treasures, they are limitless. It's like suddenly I become an owner of an ocean of these qualities. The ocean is inside me and not anywhere outside.

When we hear the word *ocean*, the first characteristic that comes to mind is limitless. So suddenly I am the owner of an ocean of peace, love, power and bliss. I can draw and drink as much of these qualities as I want and these qualities will never get over, because an ocean is an unlimited, tireless and big hearted provider or giver, never expecting anything in return. The ocean will never refuse me, but, as stated above, the key to accessing the ocean is the awareness of the soul. It is a common experience of many that the moment we are in the consciousness of the body, we suddenly feel empty of these treasures and we experience emotions of peacelessness or sorrow or hatred or jealousy or powerlessness or fear etc., because in those moments, we have lost access to the ocean.

(To be continued tomorrow...)

Deal with Distractions

Peace is a popular meditation destination. On the journey to the destination of peace, you may encounter some distractions.

Think of the distractions as all the traffic on the road. When you're driving, you can't empty the roads just because you want to get to your destination. In the same way, rather than focusing on emptying the mind, let all your thoughts come and go, just like the traffic on the road. If you get distracted, it's OK, simply steer your focus towards peace. And then before you know it, you will have reached your destination.

Message for the day

The one who checks himself constantly is the one who experiences progress.

Expression: The one who keeps checking himself is also able to bring about a change in himself. Such a person takes each situation as a chance to learn something new and bring about some change for the better. So there is constant improvement in his life.

Experience: When something goes wrong, if I learn to check myself and bring about a change immediately, I will be able to experience constant progress. No situation will make me have negative feelings or make me stop, but I will be able to enjoy everything that comes my way.