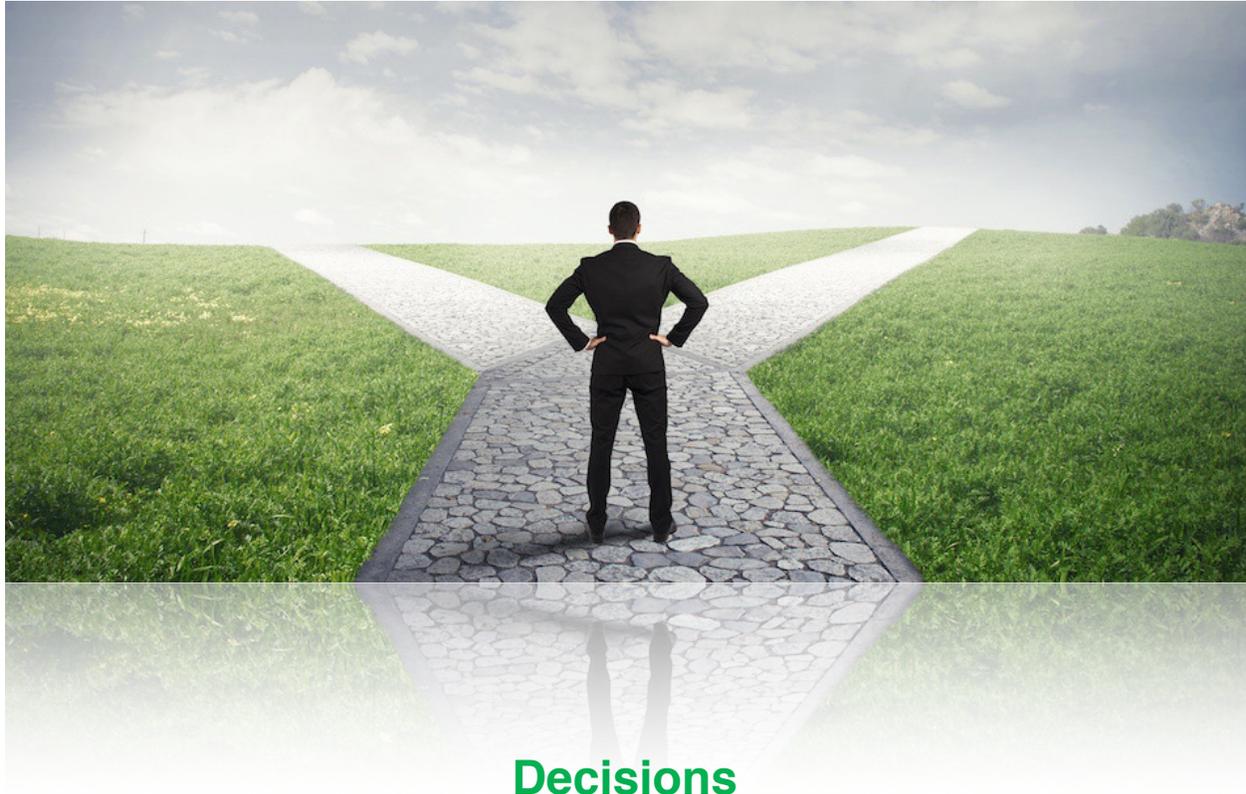


Today's Thoughts: December 09, 2020: Decisions



'My decisions, or lack of decisions, determine the reality of my life'
- If we do not take responsibility for how we live, life will feel unfair and oppressive. Making a decision not to live like this anymore is to realize that, at last, we can choose our life's direction - and this brings a feeling of empowerment.

What Is Clean Communication?

With the self-covered by the clouds of so many external influences and many of its own negative beliefs and past experiences, the self is normally unclear about its own self. **The light of spiritual knowledge brings clarity to the self, about the self. This helps me to communicate with others much more clearly than when I am not sure or clear about what is going on inside me.** There is a direct connection between the quality of subtle activities in the form of **thoughts** and **feelings** going on inside me and the quality of my interaction and communication with others.

Very importantly, relationships are also connected with **attitude** and **vision**. Sometimes, I may feel I have said and done the right things to someone, yet still someone is not behaving towards me as I would wish. At such times I need to check my attitude towards that person and the vision with which I am seeing them. I may find inside a slight feeling of disapproval towards that person, a feeling of discomfort, a resistance to something in their personality. Neither of us may be conscious of it, but my negative feeling casts a shadow on the other person. They are not receiving the acceptance or respect from me, that they should (on a subtle level), although externally I may be showing them a lot of respect. This subtle lack of acceptance and respect from my end influences their ability to hear me clearly (on a subtle level), and the way they behave towards me. **The practice of meditation enables me to clean out my thoughts, feelings, attitudes and vision, ensuring that what I share with others on a physical and on a subtle level is positive.** Then it is much easier for me to connect with others and for others to connect with me in a positive way. This is called **Clean Communication**.

Experiencing God's Presence

I need to understand that God is a person (although the Supreme Person), like us, and not some formal or non-personal energy, with whom we cannot communicate and have a relationship. If I know God's form, location and sanskars, I can direct my thoughts towards that One and immediately start experiencing the connection. The sun is the source of our physical necessities. It purifies the water, makes the plants grow to produce food and oxygen and provides a suitable range of temperatures for our life here. To give life it doesn't need to be present in every particle. Its effect in the form of light and heat is felt throughout the solar system. God is seen as a sun of perfect sanskars, the source of spiritual qualities and powers and, as such, doesn't need to be present in everything. Even though His residence is the soul world, God can be with me since the sense of closeness is beyond physical dimensions. One thought and I can experience Him in the soul world and be in His presence!

Message for the day

Where there is contentment, problems finish.

Expression: Contentment enables one to have a positive outlook towards life. So the one who is content always works towards solutions, as he is never disturbed with situations, but is always relaxed. This automatically brings the ability to contribute to others and give them the support to bring progress within them. Such a person works for his own self-progress too.

Experience: When I am content with everything that is happening, I am able to be light in all situations. So even in the biggest difficulty, I am never caught up with the problem, but am always thinking of the solution. My mind is busy with finding the solution, so internally I remain unaffected with the problem.