

Today's Thoughts: December 19, 2020: Spiritual Healthcare



Spiritual Healthcare

Silence, happiness, love and blessings are important aspects. Happiness leads to good health. It is only you who can give this medicine to yourself. Some bring illness to themselves through anger, greed, unfulfilled desires, expectations, suppression of feelings and relationships not based on true love. Look in your heart, you will know where your illness comes from. There are three ingredients for a long and healthy life: live with attention but without worry; use time in a worthwhile way; keep your thoughts pure, positive and filled with strength.

Overcoming Fears Connected With Negative Past Experiences **(Part 2)**

The work with oneself to see what aspects of your past burden you and coming to terms with those aspects, requires silence, reflection and meditation. When you come to terms with your own past, you can let go of it and be free of it, not be afraid that the past will come back to you. If not, sometimes, it is like a shadow that follows you. If your house was robbed once, the shadow follows you that, perhaps, you might be robbed again. If they hurt you, you fear it will happen again. Sometimes that experience presents itself in dreams, in the subconscious or in present attitudes. Reliving the past in your mind, you do not fully enjoy the present. **You have to accept the pieces of your past so that they do not continue to generate upsets.** Accept that you had to live through them and live the present with a constructive vision of the future.

In the above context, **it helps to write letters to God about your experiences. The exercise of sharing them with God in writing brings clarity inside you and helps you to bring the spiritual light and might in your life in order not to be burdened by unnecessary experiences, unhappiness or grief.** Have you ever written to God? You could do it at night and tell Him the things that affected you or that you have learned. You can tell Him the things or intimate feelings that other people perhaps wouldn't understand or wouldn't be there to listen to. You could also talk to Him about all that you question, and you do not have an answer to. And the following morning, when you meditate and study a little bit of spiritual knowledge, you often receive answers.

Discontentment

We firstly need to understand discontentment. Discontent is caused by a constant multiplication of desires.

One desire leads to another until there's never a moment when you feel fulfilled.

Desires are like traps. Because of endless desires relationships have become very fragile. There is a lot of irritability and anger due to:

- Selfish attachments (to possessions and people)
- Pride (attachment to a particular image of the self)

When there is discontentment, the heart can never be still because wasteful, negative thoughts destroy peace.

Contentment is the result of spiritual awareness which allows you to recognize negativity. It changes your pattern of thinking. As you tap your huge inner potential, all desires are fulfilled and you regain your peace.

Message for the day

True love brings success in relationships.

Expression: The one who is loving, likes to be with the others. Such a person will never try to be away even from people who are not loving towards him, but will be able to change the one who is not so loving with his own love. So the one who is loving is always successful in relationships.

Experience: Since I am a loving person, I am able to maintain this love for every person I come into contact with. Whether the other person is able to be loving or not, I find that I never lose my love because of being aware of my true nature.