

Today's Thoughts: December 14, 2020: Your Attitude Creates the Atmosphere



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Your attitude is the result of the way you think and feel.

You communicate your attitude constantly with those around you.

Create a positive attitude, filled with good feelings, and even just your presence will do wonders in situations.

The Inner Awakening Wave

Our beliefs either put us to sleep or cause us to remain awake. Even if we are awake on a physical level, when we are asleep internally, without even realizing most of the time; we don't see others, situations and the world as a whole in their true light. We see, perceive and interpret reality incorrectly, which causes us pain. We perceive any sort of pain on the mental or emotional level to be normal and think that others and circumstances are responsible for the pain. All this, because of the incorrect beliefs that we carry inside us, the most important one being that we are physical bodies and not spiritual energies or souls. Only when the subtle pain becomes intolerable, do we look for a remedy for the same, or think we have to do something about it. Most of us go through life asleep and hence in pain. **An inner awakening is one in which we realize the incorrect beliefs and are not scared to challenge them. Once we do that, our pain starts receding.** We then very naturally look to wake up others, so that they are relieved from their pain.

The present time in the history of humanity is such that while the sleep of some souls is getting more and more sound and pain increases in the world, on the other hand, an inner awakening wave is taking many souls in its tide as more and more souls are waking up from their deep slumber and waking up others. **This is the time when late night and early morning exist side by side. It is the same time, but late night for most and early morning, a time of getting up, for a few.** This is happening due to a consciousness shift or shifting of beliefs inside many through spiritual knowledge. Such souls, whose number keeps increasing everyday, are experiencing more and more happiness in their lives. Both these groups of souls have similar circumstances and people in their life but the shifting or correction of beliefs inside the second group is causing souls in the group to remain stable amidst these circumstances, free from spiritual pain, depending on how much the shift is.

No Regrets

We've all had days when we've said things in the heat of the moment that we regret later. But once words escape our mouth, we can't rewind or take back what we've said.

Next time you're heating up and you find yourself speaking too much, too fast, try to take a deep breath and slow down.

Consider the full impact of your words and phrase them carefully and kindly. You'll thank yourself for it.

Message for the day

To be a self-sovereign is to be in control.

Expression: The one who is a self-sovereign never finds difficulty in being in control. He doesn't have to go out of control and then bring himself back in control. The moment the order is given to the self, every thought, word and action is immediately in order.

Experience: To be a self-sovereign means to be aware of my own specialities and work with them. When I am a self-sovereign I experience myself to be free. This is because nothing binds me but I am able to win over my weaknesses too. Thus I find myself to be in total happiness in all situations.