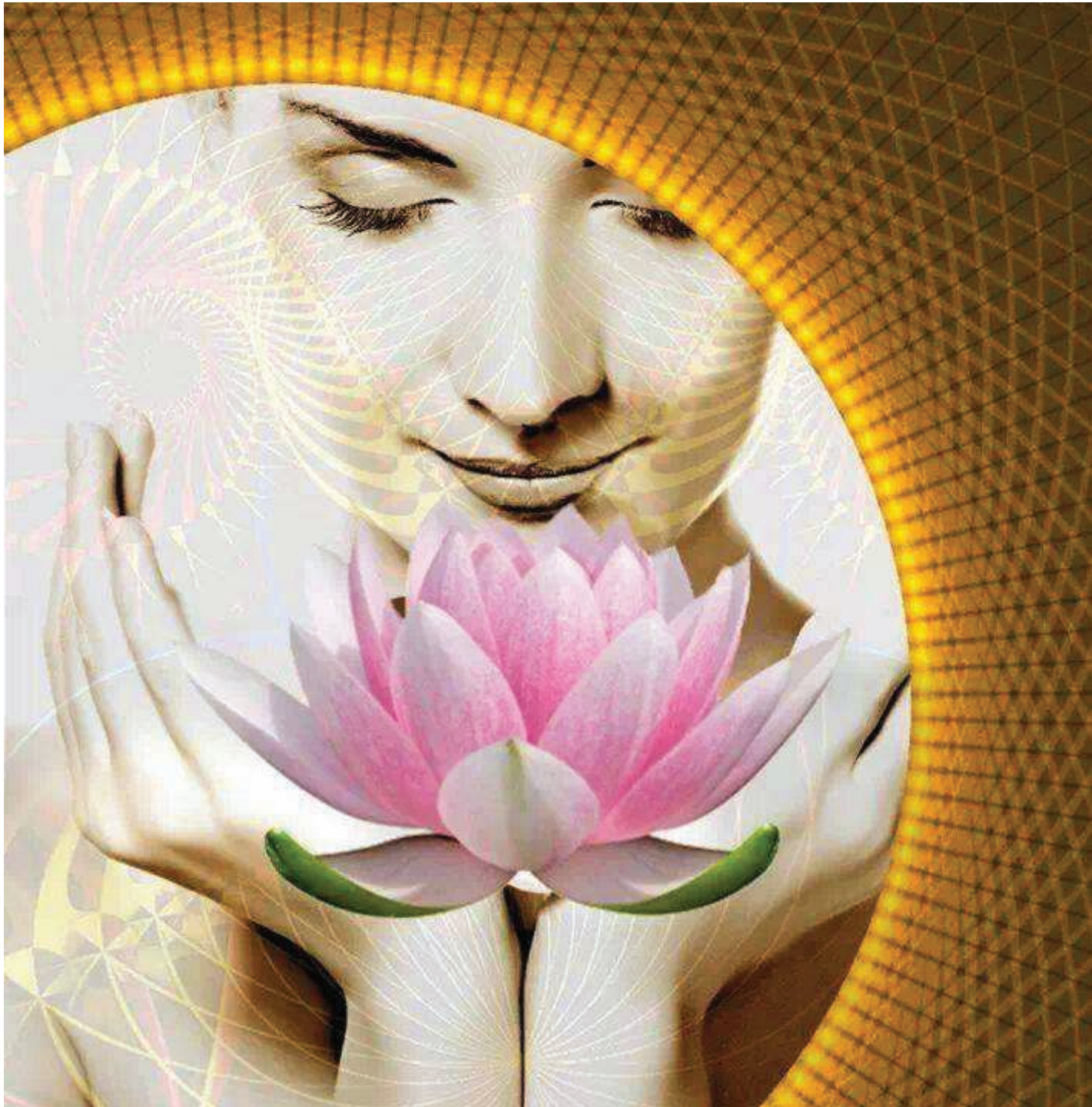


Daily Positive Thoughts: May 26, 2014: Wellbeing



The more I develop the habit of noticing goodness, the more my own sense of wellbeing rises.

Inner Light

Instead of thinking about others and their weaknesses the one who is concerned with his own self-progress is able to keep himself free from negativity. So such a person is able to express his own inner qualities and specialties without being coloured by the negativity of the external situations and people. When I am focused on my own inner progress, I am able to become as beautiful and clear as a diamond. The sparkle of my inner light naturally spreads around and I become a source of inspiration for those around. I appreciate what I have and thus am also able to appreciate others' specialties too.

Different Thought Types

By understanding each one of the thoughts that the mind creates we can keep the beneficial thoughts and discard those which are useless or harmful. Today we explain:

Necessary Thoughts

Necessary thoughts are those relating to your daily routine, such as,

- * What am I going to have for dinner?
- * What time am I picking up the children from school?
- * What is the number of my bank account?
- * What have I got to do today etc.?

They are also thoughts connected with your profession or job. These necessary thoughts related to your daily life come into your mind according to your responsibilities and needs at a more physical, material and professional level. When these thoughts are repeated over and over again, they become unnecessary or waste thoughts.

(To be continued tomorrow ...)

Soul Sustenance

Instruments/Tools To Perceive God

Perhaps I have been avoiding coming close to God because of the extraordinary confusion surrounding the subject. Maybe I have just lacked the tools with which to be able to discover God. The whole universe of things going on within a tiny drop of blood can be instantly revealed by the use of a tool or an instrument like the microscope. In the same way, the secrets behind realities of the self, the non-physical, spiritual self and the reality of God remain hidden until undiscovered by the appropriate instruments or tools. **With which tools or instruments then, can I perceive or experience God? Since God is non-physical, the tools would also definitely be non-physical in nature.**

That I haven't been able to understand myself is amply demonstrated by the periods of confusion and inner turmoil I go through. Sometimes I don't understand those with whom I share the same room or house, let alone my neighbors next door! The word 'misunderstanding' occurs frequently even in the closest of my relationships. It indicates that the quality of my mind, consciousness or even conscience hasn't been sufficiently clear to establish real rapport between myself and others. The realization and experience of God remain even further out of reach.

There's a very specific methodology involved in firstly understanding and organizing myself, and from that, coming to terms with God. **I already have the most powerful of all instruments, the energy of my own mind, to work with. The extent to which I am able to research into the subject of God-realization depends on the quality of my thoughts and feelings.**

Message for the day

Success comes to the one who is able to involve others and work as a team.

Expression: Because of having a feeling that the more the people involved, the more difficult the task becomes, we tend to avoid involving others in any task that we take up. We tend to do everything on our own, making us lose out on useful resources that we can get as others' contribution.

Experience: As much as possible we need to involve others in such a way that they make a valuable contribution to the task that we have undertaken. We are doubly benefited with this. Firstly, we will gain from the others' resources. We also find that the good wishes of others are there for the task for which they have contributed and we find ourselves succeeding.