

Daily Positive Thoughts: April 12, 2014:



Christ the Redeemer-Rio de Janeiro , Brazil

Higher Than the Sky

Keep wearing virtues as your ornaments. Keep loving others. Keep giving regard. You have to go beyond the stars. Keep thoughts higher than the sky, and abundance of patience like the earth. Keep spiritual love in your eyes.

Keeping The Watchman Of Attention Alert

All the religions and spiritual groups place a lot of importance on the virtue of discipline. Without discipline you do not manage to transform negative habits and you do not create a new state of awareness where the self is nourished through the experience of spirituality. Every day you eat, you brush your teeth, bathe, drink water and breathe, and all of this you do not consider a discipline; you have adopted them as something natural in order for your body to continue working. On a spiritual level you also need to nourish yourself and to have a discipline that, with practice, a time comes when it becomes natural because you incorporate it into your life. In the process of change you need to discipline yourself in order not to let old habits come to the forefront. Until you have burnt them and they have died, you should keep the watchman of attention alert in order to maintain your self-control, given that each time you use a negative habit in action, you strengthen it. When you do not use it, you allow it to die.

The path of the spiritual traveler is therefore one of waking (awareness of self as soul) and sleeping (under the illusion that we are our body), waking and sleeping. We tend to fluctuate between the two (like dawn and dusk) until we find stability in soul-consciousness. This is why it is important to awaken and stay awake, and why it's important to give our mind and intellect good spiritual food (knowledge) and exercise (meditation) every day to keep them fresh and alert. Being conscious of the soul, acting from that consciousness, the scars (habits and tendencies) left by past actions based on illusions of bodily awareness are healed. Discipline is necessary for growth and personal transformation if you want to obtain satisfying and permanent results. If not, the old habits continue to rule in your life. The evidence that our discipline in the practice of meditation is working is mental lightness and an increasing easiness in our interactions with others.

Soul Sustenance

How Does The Mind Work?

We can compare the mind with a screen, where thoughts, images, feelings and associations are constantly appearing. Thoughts manifest themselves in the mind in the same way as images on a film are projected onto the cinema screen.

The mind often interprets negation as affirmation. Therefore, when we tell you not to think about something, it is as if we were saying, "Think about this" and these thoughts are produced with even more force in the mind. Therefore transforming negative habits and personality traits becomes a struggle. The most effective way of fighting is to ignore these unwanted thoughts, but we should then immediately focus our mind in another direction, thinking about something positive. Thus useless or negative thoughts have no space to grow in our mind. Thinking positively is not a battle against negativity but by imbibing spiritual knowledge, we transform the negative into positive.

We can compare the mind with a naughty child who is playing with a dangerous object: if you take it away from them they will cry until they get it back again. Perhaps a more effective method would be to offer them something that would be of more interest to them and in this way, by having a new inoffensive toy in their hands, they will leave the dangerous object alone.

Message for the day

Sweetness is the ability to see the good in all things.

Projection: Deep within each and every situation is something good. It only takes a little patience to look within and find it. When we are able to understand the secret behind what is happening, it automatically brings sweetness in our life

Solution: Whatever happens throughout the day, we should be able to see the good in it. Even if we are not able to discover something good at that moment, we should maintain the faith that whatever happens is for the best.

Humility

Your humility enables people to realize their mistakes and correct themselves. Real humility results in so much power of truth that you don't need to say anything at all in words. The very power of your inner state of being will make the other person realize the error of their ways. When you are giving directions or corrections to someone, check your own attitude, remind yourself of the humility within and then say whatever you have to say. With humility your words will be for their benefit and this will enable them to learn.

