



## Forgiveness

Rather than being quick to judge, be quick to forgive.

## Different Thought Types - cont.

We had explained Necessary Thoughts yesterday. Today we explain:

### **Waste Thoughts**

Waste thoughts are thoughts that are produced at untimely moments that fill us with worry and anxiety when they appear in our minds. They have no constructive use. Unnecessary and useless thoughts are quick and repetitive which lead you nowhere. Often they refer to things from the past:

- \* If this hadn't happened ...
- \* Why did she have to say that to me?

Too many thoughts are about things that we cannot change, or worries about the future:

- \* What will happen tomorrow?
- \* How will it happen?
- \* What will I do if I find myself on my own?
- \* If I had been there at the time, this disaster would not have happened.
- \* If I had had this information at the time, I would have won the case.
- \* When I get the degree, I will be more respected by my superiors.

Your ability to concentrate is weakened by these useless thoughts. If you have a lot of these thoughts you use more energy and time to undertake each task. The origins of negativity also reside in them.

From the time that the past has already passed and the future is yet to come, these kinds of thoughts are not useful and they also weaken your inner strength and exhaust you. It is vital that we learn to avoid this pattern of thinking. In this way you will be more focused and your decision making capacity will improve.

(To be continued tomorrow.....)

## Soul Sustenance

### Meditation On Experiencing My Original Loveful Nature

I sit in silence, letting my thoughts go away from the outer world... I allow my mind to relax... to calm down... I focus my attention on the heart of my being... My heart is like a sacred silent place where I can feel what I really am... I am peaceful and light... a loving soul... strong... secure... kind... I have many virtues and qualities that I can share with others... Now my attention is going towards the quality of love... I imagine love like a seed in my heart waiting to awaken... grow... and blossom... like a rose... For this, I only have to accept... believe... feel... that I am a soul full of love... child of the Ocean of Love... I am a spiritual rose flower... radiating the spiritual fragrance of love...

Letting go of the past... letting go of expectations... fears... negative feelings... forgiving... opening my heart... feeling that it is cleansed and this energy of love is as pure as the clean water flowing from a waterfall. Nothing and nobody have touched it... this is a love that asks for nothing in exchange... the love of a clean heart is unselfish... free of ego and expectations... It makes truth and sincerity grow... acceptance and understanding... I open my heart completely to love... I inhale deeply... I visualize my heart filling itself with this energy of pure love... I exhale slowly... and I visualize radiating this light of love from the deepest part of my heart towards the world... I am a beautiful soul of light radiating peace and love... I am love... I love myself and accept myself and others...

## Message for the day

**True help is to appreciate the efforts of each one to improve themselves.**

**Expression:** Not realizing that all are making effort to bring improvement in themselves at their own level, we tend to point out people's mistakes only to prove them wrong. It is by proving them wrong that we want to prove ourselves right. This doesn't help others in any way to bring a change in them.

**Experience:** We need to focus more on the potential and unique specialities of those around us, rather than on their faults. This will help us to appreciate the effort that each one is making to bring improvement in himself. Then we find that even the corrections we give are effective, as they are more for the benefit of the other person. This is the real help we can give to others.

### **Creator of Thoughts**

The one who recognizes his innermost potential of being a creator is always powerful. When there is this thought always in the mind, situations don't influence negatively. On the other hand, there is the ability to be an influence on the situations themselves. The right kinds of thoughts, when created, create the right kind of feelings and personality too. When I am a creator of my own thoughts, I am able to be free from acquired influences. I am thus able to experience my innate feelings, which brings out my innate personality too. I am able to experience my true inner personality, however challenging the situations may be. I experience the energy that creates to be a master.