

Today's Thoughts: September 20, 2020: Silence



## **Silence**

Silence gives rest to the mind and this means giving rest to the body. Sometimes rest is the only medicine needed.

### **Be The Change That God Wants To See (Part 3)**

**God loves those whose actions are in tune with their thoughts i.e. they practice what they preach.** Very often you will meet people who love God but their actions do not reflect that. Will someone who is egoistic or likes bringing others down, who are more successful than him or someone who is lustful be called as one who loves God? Does such a person's love reach God or does God accept that love with a big heart or is such a person's relationship with God one sided? If you want God to receive your love and also love you in return, we need to learn to make our actions and words and even our thoughts which others cannot see as what God loves. That means a personality as close to God's personality as possible which is not very difficult. There are many people all over the world who are extremely clean and enjoy a good closeness with God because of that. It's not that you have to leave your home and your family for doing that but you can become like Him while playing your roles in your personal as well as professional lives. **It's just a matter of being determined and having 100% love for the Supreme because where there is love for Him, change in the self becomes easy to make and this change gradually becomes a lifestyle.** Adopting such a lifestyle of deep change and a desire to make others also like God, who is above all of us and is the source of all the good that exists in humanity, then becomes the purpose of our life.

Many people question the reason for making an effort to becoming perfect and say that it is a waste of time. They believe that instead one should be action oriented and perform ones worldly duties and not worry about weaknesses and let them remain inside our personality. In fact, some people even go the extent of saying that let weaknesses like anger, ego and greed be a part of one's lives because will help us in becoming successful. This is a convenient way of running away from our responsibilities as a spiritual child of the Supreme Father. These responsibilities involve a lifestyle of active self-transformation. **So, live life to its fullest but at the same time be and live the change that God wants to see inside you.**

## Happiness is an Art

It is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is an infectious feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

## Message for the day

**The ones who work towards perfection naturally inspire perfection in others.**

**Thought to ponder:** All life's situations are lessons for bringing about progress, for the one who is committed towards perfection. Such a person never expects others to be perfect, knowing that every human being has his own weaknesses. He is instead able to accommodate others' weaknesses. He only inspires others to bring about transformation and work towards perfection.

**Point to practice:** When I am constantly working towards bringing perfection within myself, I am able to take everything that happens to me in a positive way, as a chance for bringing about self-progress. Also I am able to keep myself positive seeing only the goodness in the other individual and encouraging it. So I am able to enjoy each moment of my life.