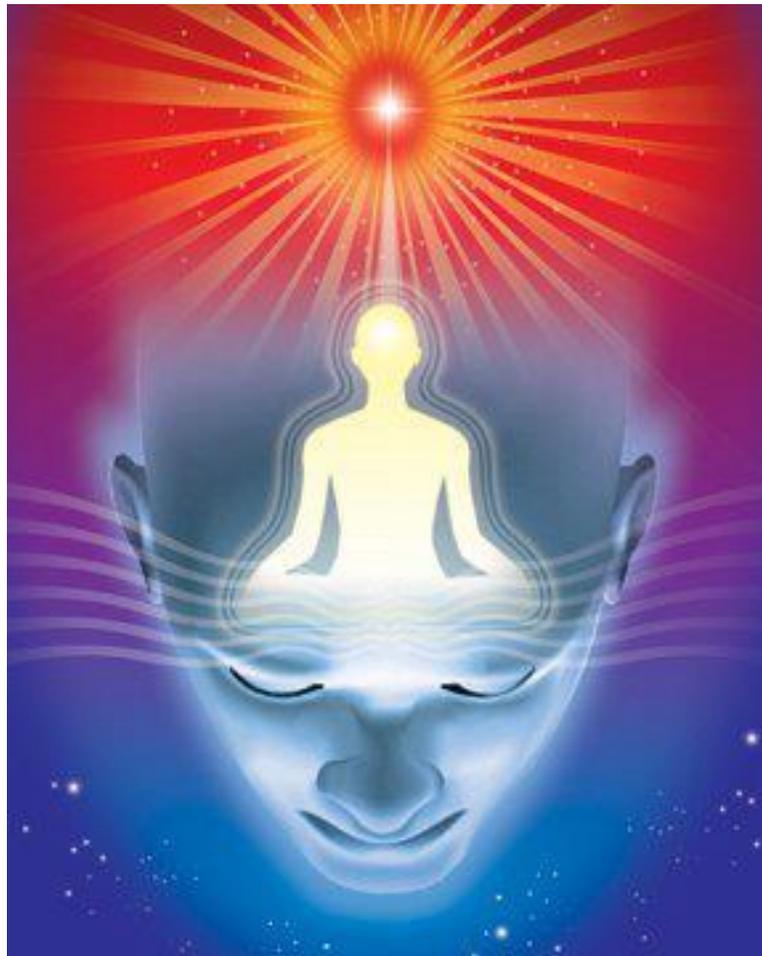


Today's Thoughts: September 16, 2020: Exercise and Diet



Exercise and Diet

Unhealthy lifestyles are rooted in the mind and seeded in the soul. The spiritual exercise of the mind involves taking the mind out of the physical body and to the subtle body of light and then to our state of being a soul - a sentient point of light and power. As for diet control, pure thoughts are the healthy diet for the mind. Creative thoughts are like vitamins and positive thoughts provide proteins that build will power.

Spirituality And World Transformation (Part 3)

As explained in yesterday's message, in the hierarchy of the three entities around which the whole World Drama revolves – the Supreme Soul is right at the top, the human souls are in the middle and nature is at the bottom. **So, the process of restoring the balance of the spiritual and physical elements has to be initiated from the top i.e. by the Supreme Soul.** The human souls which are in the middle of the hierarchy benefit from this process directly. **The human souls, by transforming themselves i.e. by filling themselves up with the spiritual elements peace, joy, love, bliss, purity, power and wisdom from the Supreme Soul and restoring their balance in their personalities, then bring benefit to nature which is at the bottom of the hierarchy.** This is because their doing this causes the positive energy of the virtues to spread in nature, which results in the balance restoration of the physical elements earth, air, water, fire and sky and the spiritual elements or virtues in the personalities of animals, birds, insects (the same principle as explained yesterday). This entire process, explained above, takes place in the Confluence Age which is a small Age between the Iron Age and the Golden Age, which is again the present time. So, the Confluence Age is an Age in which positive transformation takes place. Thus, at the present moment of time, the two Ages - Iron Age and Confluence Age co-exist.

The Supreme Soul does not bring direct benefit to nature, He does that via human souls, who are intelligent enough to catch his directions and connect with Him and as a result transform themselves. So, the human souls when seen with respect to the Supreme Soul, who is the Creator; are the Creation, who benefit from Him. But the same human souls, when seen with respect to nature can be called the Master Creator and nature can be called as the Creation. Here the phrase Master Creator means children of the Supreme Soul, the Creator, but at the same time those children who possess the power to perform the task of balance restoration for the self as well as the Creation, similar to the Creator, under his guidance and by absorbing power from Him.

We shall explain the actual process of imbibing the spiritual elements from the Supreme Soul in tomorrow's message, which is the last of this series.

Self-revelation

The most powerful revelation we can ever experience is that of our self. It's been so long since we were totally open and beyond the fear of the possibility of hurt, that we keep our hearts and minds concealed from the world. Self-revelation is not some kind of performance, or the seeking of attention - it is the outcome of the healing of our broken hearts - it is the result of many periods of introspection and meditation where we have seen who and what we really are, as opposed to who and what others have tried to make us. We are able to open and truly reveal ourselves when we see that all our hurts, all our pain, was self-inflicted. That's not easy to see, not easy to accept, but when we do, we realize no one can hurt us unless we let them. They can harm our body, but not our minds, unless we give them permission. This inner realization allows us to be comfortable, unthreatened, and safe in moments of self-revelation.

Message for the day

The method to remove negativity is to fill with positivity.

Thought to ponder: Usually, the method of trying to remove negativity is to negate it. That means, I would say "I do not want to be lazy" or "I should not get angry". But we need to remember that we can't remove darkness, except by adding light. In the same way, we can't remove negativity without adding something positive.

Point to practice: Today I will take up one thing that I always wanted to get rid of. I will then frame it in a positive way. For example, instead of saying "I should not be angry", I will say "today I am peaceful" or instead of saying "I do not want to be lazy" I say "today I have the determination to do what I have to do". This practice will ensure that I sustain positivity.