

Today's Thoughts: September 15, 2020: *Generosity*



## **Generosity**

Become the image of generosity. Have a generous heart and a generous mind. The language of one with a generous heart is 'You first'. Generosity means the generosity of enabling all souls to progress.

## **Spirituality And World Transformation (Part 2)**

There are three entities around which the whole World Drama revolves – **the Supreme Soul, the human souls and nature**. Nature includes everything non-living like mountains, rivers, seas etc. and living things like plants, trees etc. It also includes living beings like animals, birds, insects etc. which are souls with a lesser evolved intellect than human ones. The human body also comes under the category of nature. **These three entities are in the form of a hierarchy, the Supreme Soul is the most powerful at the top of the hierarchy, in the middle are the human souls and at the bottom of the hierarchy is nature**. The Supreme Soul always remains an Ocean of the virtues **peace, joy, love, bliss, purity, power and wisdom** and is the only entity in which the balance of these virtues is always maintained right through eternity.

In human souls, as explained yesterday, in the beginning of the world cycle, in the Golden Age, these virtues are in balance. As human souls come down in the birth-rebirth cycle and start becoming influenced by body-consciousness or the five vices - anger, ego, greed, attachment and lust, all spiritual building blocks or virtues - peace, joy, love, bliss, purity, power and wisdom start getting depleted. In each soul, some virtues get depleted more, some less. In each and every soul the depletion is different depending on its actions e.g. in some soul the depletion of peace is immense compared to the other because of picking up sanskaras of anger on its journey and bringing them into actions or in some soul the depletion of joy is immense because of picking up a lot of attachment on the way etc. **This depletion of the spiritual elements or virtues upsets the balance between them. This depletion and imbalance causes negative spiritual energy waves or vibrations of sorrow, anger, impurity, hatred, fear etc. from human souls to spread in nature and starts having a negative influence on the physical elements earth, air, water, fire and sky and even the spiritual elements peace, joy, love, bliss, purity, power and wisdom in the souls of animals, birds, insects, etc. upsetting the balance of both.** This is because nature (as defined in the above paragraph) is lowest in the hierarchy, lesser powerful and easily influenced by the energy that human souls transmit or radiate. This double imbalance of spiritual and physical elements results in peacelessness, sorrow, illness, poverty, natural calamities, accidents, ecological imbalances etc. When all of these reach their maximum extent, that Age is called the Iron Age. This is an interesting principle which needs to be understood clearly.

**How do we restore the balance of the spiritual and physical elements?  
We shall explain that in tomorrow's message.**

## Be a Good Listener

What people want most from us is our undivided attention; that's why listening is such an important skill.

When we give partial attention to others, the result is misunderstandings, mistakes and hurt feelings.

So the next time someone is talking to you, instead of planning on what you're going to say next, texting or checking emails - give them your undivided attention!

Listen completely and you'll enrich the interaction, the relationship, as well as your own experience as a listener.

## Message for the day

**To have positive thoughts is to be enthusiastic.**

**Thought to ponder:** Just as we have an attention on our bank account and would like to know our bank balance, we need to check our thoughts too. We need to check how many thoughts are wasted and how many are used constructively. The more I have attention on filling with positive thoughts, the more my energy increases. So, I remain enthusiastic through the day, right till the end.

**Point to practice:** Today I will keep a check on the account of my thoughts. I will try and focus on positive thoughts rather than wasting time on waste thoughts. Wherever possible, I will create and sustain positive thoughts. It could be small little thoughts like "I am happy today" or it might be a good wish for another person.