

Today's Thoughts: September 03, 2020: The Diet of an Angel



## **The Diet of an Angel**

By feeding your mind a diet of elevated thoughts, you grow up to  
become an angel.

### I Am Peace (Part 3)

Meditation for mental peace is something we commonly hear nowadays and it is something which is being practiced by thousands of families and professionals nowadays to bring peace and calm in their minds as well as in their relationships. Some people do not realize the importance of looking inwards for maintaining peace and also the importance of methods like meditation for achieving that. But remember, a few minutes given to looking after the self everyday will make you powerful to face the growing number of situations which come at you from people in your family and at office. **Meditation is not running away from society but is an easy technique of mastering the thought patterns of the mind and keeping them under control.** To meditate is to create thoughts related to the self like – *Who am I, What is my role in this world, What is my original stage when I came to play my part in the world, Do I perform positive actions throughout the day, Am I a being of peace and love, Do I come into contact with everyone with a positive consciousness, Do I satisfy God with my daily routine, Do I remain stable irrespective of what happens around me, Do I remain pure and peaceful in my interactions with others, etc.*

These type of thoughts which are mentioned above and giving answers to the questions asked by the mind is a way of making the mind busy. This is the most basic type of meditation. Of course, as you go ahead with your meditation practice, you have to go from thoughts to pure experience. In pure experience, thoughts stop and the self just exists in a stage full of peace and no longer needs the support of thoughts but can stand on its own feet. The feet are a pure loveful connection with the Supreme or God which gives the self the beauty of experience. **Experience means to just be peace and not necessarily create thoughts related to peace.**

## Open the windows of your mind

You know when you're expecting visitors; you can get the cleaning done in no time at all!

In the same way, when you're expecting to start something new, quickly clean up your mind.

Open the windows of your mind and create space for your thoughts to breathe. Clear out the clutter and get your mind in order.

This is a great way to install energy into yourself and bring enthusiasm into your task.

## Message for the day

**To have the right frame of mind is to bring benefit.**

**Thought to ponder:** Difficult situations do come to everyone, and it is during these situations that one needs to give their best to tackle them. Yet, we find it is quite the opposite. Negativity comes creating weakness of the mind. So, whatever decisions we take at this time are not appropriate or fruitful. We tend to lose sight of opportunities and there is loss.

**Point to practice:** Today I will pick out one problem that I have been worrying about. I will take the thought that this problem is there to go. It will surely go one day as nothing is permanent. I will then look for solutions with a positive frame of mind. If I still don't find solutions, I will stop thinking about it, because thinking too much about one thing amounts to worrying.