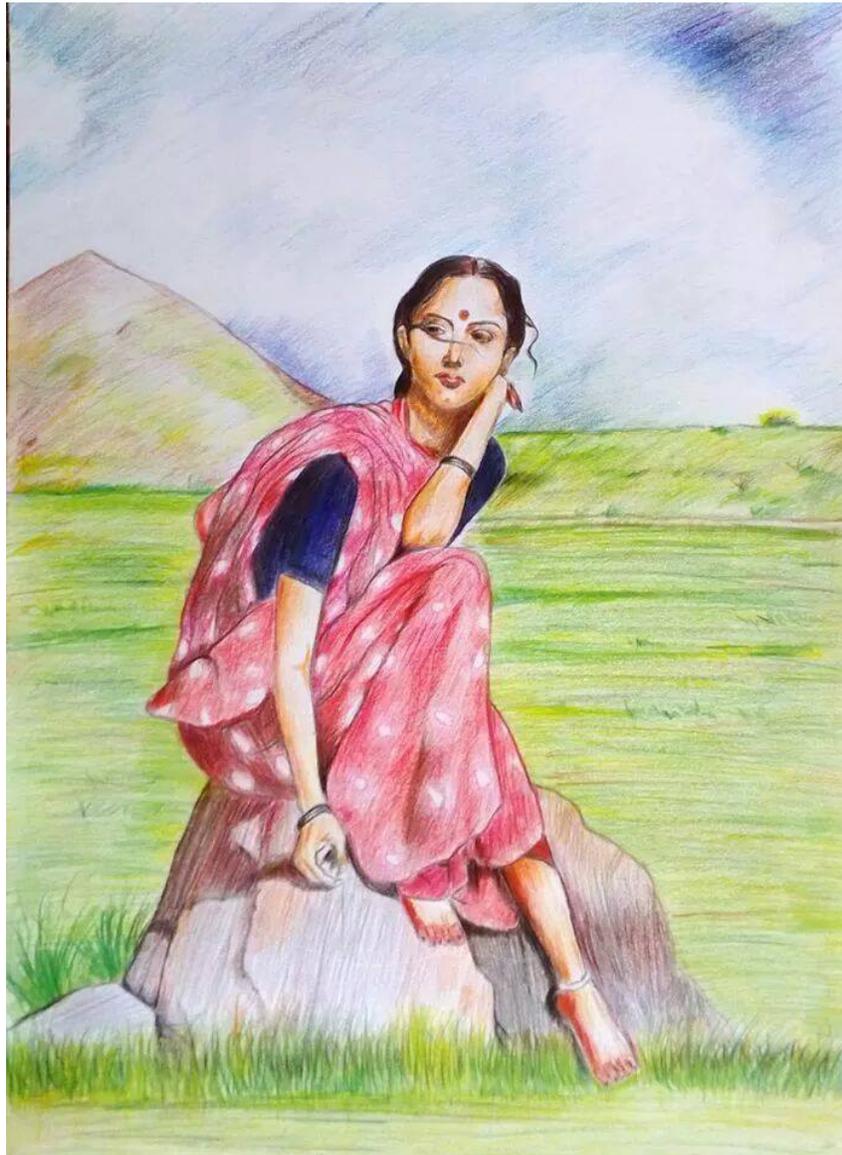


Today's Thoughts: September 14, 2020: Time Out



Artist: Rakesh Das

## Time Out

Is there some time for yourself today - just for you, to sit quietly and refresh and renew. Not escaping into the TV, or thrashing around a squash court. Just time to sit quietly, focus your thoughts, check your priorities, make sure there is nothing negative pushing you down in your own mind. Take some time and be ...with yourself. If you don't, you may miss meeting the most important person in your life.

## **Spirituality And World Transformation (Part 1)**

There are various ancient teachings in the East including India which describe the **physical elements - earth, air, water, fire and sky** as the pillars of Creation or the building blocks of Creation. These teachings suggest that every particle of the physical Creation is made of these building blocks. The human body is also made of these primary elements. These elements need to remain in balance for the Universe to stay in order and the human body to stay in order or good health. Bad health generally means one or more of these elements is out of place. There are various techniques mentioned in these teachings which are used to create this balance, including ancient Indian mantras. The popular ancient Indian Vedic *Vaastu* science, used by many to build homes even today, also works on creating a balance between the physical elements mentioned above.

According to spiritual principles given by the Supreme Being or the Supreme Soul, in the same way, **on a spiritual level, the soul also comprises of peace, joy, love, bliss, purity, power and wisdom, which are the original constituent qualities or building blocks or elements of the soul. When the soul first comes down from the soul world and starts playing its part on the physical world, there is a complete balance of these qualities in its personality.** This is the reason that at the beginning of the world cycle, in the period that we commonly call the **Golden Age** or **Paradise** or **Satyuga**, there is complete peace, love and happiness within the self and even in relationships. **The balance of the spiritual elements in the soul causes the physical elements earth, air, water, fire and sky also to remain in complete balance.** Hence in the Golden Age, there is complete physical prosperity and richness; there is no trace of illnesses and natural calamities like earthquakes, floods, etc. Due to the double balance, nature is not only in order but very very beautiful. Even the physical bodies are not only healthy but very beautiful. Even the animals and birds are completely full of all virtues and live in absolute love and harmony with each other. So the balance of the virtues in souls reflects itself not only on a subtle level i.e. in the personalities and interactions but also on a physical level i.e. in the physical bodies, flora (plants) and fauna (animals), nature in general, etc.

**In tomorrow's message, we shall explain the reason for this.**

## Overcome Overwhelm

When you keep thinking about having too much to do in too little time, you can end up feeling overwhelmed.

Overwhelm clouds the mind, drains the energy and, as a result, not much gets done.

When overwhelm happens, remind yourself: I don't have to live in a state of overwhelm.

Overcome overwhelm by rethinking: I have exactly the right amount of time to do what there is to do.

## Message for the day

### To argue is to intensify problems.

**Thought to ponder:** An argument is filled with attitudes and negative feelings. So, whatever is spoken during an argument is misunderstood and creates wrong feelings. So, such arguments lead us nowhere and bring no solutions. Instead they intensify problem. So, it is important not to get into arguments.

**Point to practice:** Today I will not argue about anything. Just for today, I will make sure that I will not get into arguments but will watch in silence to see what happens. I will only converse after the mood of argument has passed.