

Today's Thoughts: October 12, 2020: Admiration not Envy



## **Admiration not Envy**

Very fortunate is the one who has learned to admire, but not to envy. To envy others neither diminishes their good fortune nor increases your own.

## **On A Spiritual Joyride (Part 6)**

**When we begin our spiritual journey, we should ensure that we don't work on ourselves strictly. On the other hand, we should change ourselves with ease and lightness** which gives us an experience of joy and does not let us get tired while making effort to change ourselves. While looking at your weaknesses, do not feel disheartened that why they exist and why I am not able to bring about the required amount of change in myself. Bringing about changes in your behavior and thinking is important but not at the cost of losing your happiness while doing that. Happiness is lost when there is sometimes loss of hope and doubts whether we will be able to succeed in changing ourselves or not exist. Also, when we see others around us who are perfect in many ways, we could experience an inferiority complex and our self-esteem is reduced. In such cases, it is wise to be extremely patient and keep traveling on the path of self-change with determination and happiness, without getting tired.

Also, a spiritual path is one in which there are different types of side-scenes or distracting scenes in the form of difficult and surprising situations which tend to prevent us from experiencing fulfillment and even prevent us from fulfilling our life's aim of making ourselves perfect. Even in such cases, **a spiritual joyride is one we have to experience because we have to accept that spirituality does not mean that there will be no difficult problems on our path. Only the power to cross the problems will be inside us that will make it easier for us as compared to before.** Also, stress which is a common response to a difficult situation will be changed to contentment and life will no longer seem as difficult as before inspite of all the negative scenes of disturbance. This in short is a description of how living a spiritual life is the easiest and most enjoyable type of journey one could undertake for shaping up a new you and giving a similar shape to others.

## Try again

When you don't get the desired results, do you get that sinking feeling?  
It's as if all that effort and hard work was a waste of time!

Don't be disheartened. Making effort and putting in hard work is similar to planting seeds.

Some seeds germinate right away and some take a little bit longer. Just wait and see.

If you still don't get any results, try again. Maybe you've got the results, just not what you desired! Or maybe you need to do something differently.

## Message for the day

**To connect to others' specialties is to get cooperation.**

**Expression:** The one who sees specialties has faith in others. Whatever the person's present action or response may be, when we remain connected to the specialties, we are able to use these specialties with faith. This also makes us have good wishes for them. This automatically makes us easily give and get cooperation.

**Experience:** Today I will see only specialties in others. I will think of one person whom I have more interaction with. I will specially focus on the strengths of this person. As far as possible, I will also remind him too of these specialties.