

Today's Thoughts: November 22, 2020: Start Early



## Start Early

The best time to awaken both body and spirit is in the early morning. We are fresh, in solitude, and the vibrations of the world are at their calmest. It is not surprising that you will find all experienced meditators and yogis up with the dawn, inviting the sun of spirit to shine into the heart of their soul. The first half hour of conscious awareness will be the foundation of your day. Make an early start. Meditate, set the switch of your consciousness and calibrate your energy for the day. You'll be surprised the difference it makes.

## Motivation – The Life Driving Force (Part 2)

Life throws different types of challenges at us. A difficult relationship with one particular person, we have all experienced, can at times have the potential to completely overpower our thoughts for days and even for years. Most of us will have endured the trauma of exams at some stage in our lives, usually at school, college or university. The looming prospect of having to answer questions on your most hated subjects often meant that even the most laid-back of personalities will have experienced feelings of anxiety, worry and exam stress. A sudden physical illness can at times have the destructive ability to not only bring about physical discomfort but make us dejected, discouraged and sorrowful for days until it subsides. A deadline at work or a sudden crash of the business market are types of challenging situations on the professional front. A difficult personality trait which constantly hinders our progress and harms our relationships is an example of a challenge on the personal front.

So challenges can be unpleasant, even scary, but they are important as in the process of overcoming the challenge, you work harder on yourself and they make you more determined and powerful. If you are not spiritually equipped to rise to these challenges, these tests of your internal strength, when they come about, it is unlikely you will be motivated enough to cross them. **When faced with challenges, people can find that they are able to go the extra mile and pull from the backs of their minds answers to questions they did not realize they had ever learnt or ever knew.** So, challenges can be helpful – but only if you turn the challenges into internal positive energy, you remain motivated while crossing them and by doing that you transform the challenges into blessings or gifts in disguise which will help you advance ahead and become more experienced and wise.

(To be continued tomorrow ....)

## Look at Specialities

Nowadays it is a fashion and also a compulsion to wear glasses. So wear the glasses of seeing only specialities. Nothing else should be visible.

For instance, when you wear red glasses, even something green will appear to be red. So when coming into connection with everyone, adopt the vision of seeing only their specialities and you will become special.

## Message for the day

**The one way to break an old habit is to create a new one.**

**Expression:** We take new year resolutions and try hard to break habits. But the more we are thinking of it and worrying about it, we are investing time and energy in it. This will only strengthen the habit we want to break. Instead, let me create an alternate habit which is good and that will replace the old one. It is more important to think of what I want rather than what I don't want.

**Experience:** Today I will invest more time and energy in a new habit than what I am investing in old habit. I will ensure that, through this I will create a new habit, which will replace the old one, as there would be no longer any space for it in my life.