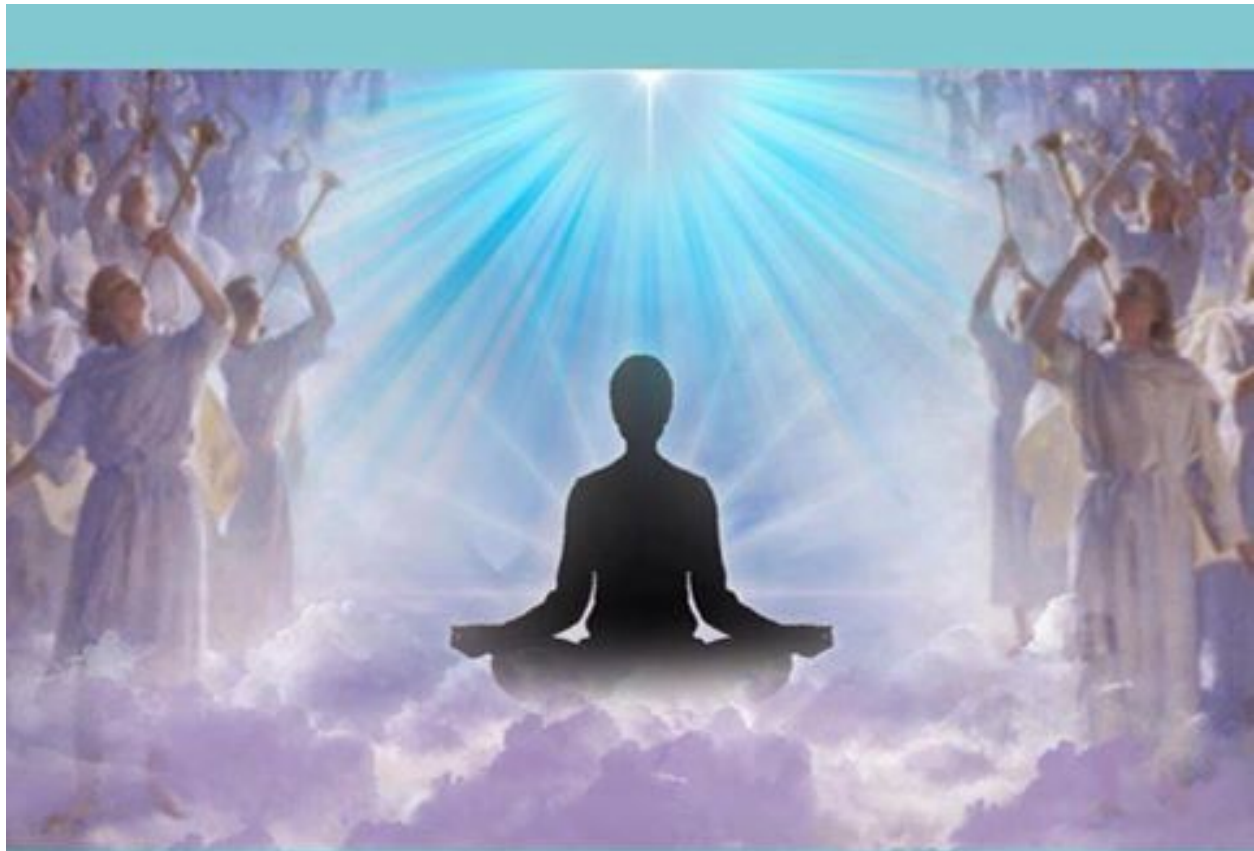


Today's Thoughts: November 24, 2020: Exercise and Diet



Exercise and Diet

Unhealthy lifestyles are rooted in the mind and seeded in the soul. The spiritual exercise of the mind involves taking the mind out of the physical body and to the subtle, angelic body of light and then to our state of being a soul - a sentient point of light and power. As for diet control, pure thoughts are the healthy diet for the mind. Creative thoughts are like vitamins and positive thoughts provide proteins that build will power, while thoughts of serving others are like carbohydrates, which provide energy for the mind.

Motivation – The Life Driving Force (Part 4)

When surrounded by challenges, sometimes we all need a little extra nurturing, and that gentleness can come from loved ones, or just from ourselves. Also, enjoying watching television, enjoying the hot chocolate and the coffee, enjoying the cold drink and the ice cream, enjoying the brisk walk and the gym, enjoying the picnic and the party, enjoying the holiday - these are all things that help us replenish our energy and remain motivated to some extent when we've had a rough day. **But remember that to remain constantly motivated you need to also take a look at the non-physical dimension of thoughts and feelings.** Physical treatments, therapies and relaxation strategies will help you but they cannot change the way you think. Your thinking is the cause. And behind your thoughts, your beliefs are a deeper cause. **We need to pay much more attention to our thoughts and feelings, learn to manage them, learn to fill them with peace and calm, and then our personality will change for the better, as we restore our mental and then physical well-being and learn to remain motivated and fearless amidst challenges.** Remember no one else creates our thoughts and feelings, and they don't just happen, though it feels that way sometimes. When you learn to identify and assess the quality of your thoughts and feelings, you can begin to choose the ones you know are positive and that in turn keeps you motivated.

Also, remember there's virtually always something positive that can be found in the challenges we face. Bear in mind that the period of challenge is short and you will soon overcome the challenge. On a lighter note, spend a little time each day thinking of all the things you are looking forward to doing once you are free from these exams that life has to offer - though don't daydream for hours about this! Also, when you long for life without difficulties and challenges and you want to keep yourself motivated when faced with them, remind yourself that oaks grow strong in contrary winds and diamonds are made under pressure. Challenges are not here to stay and while they are there, they bring about self-empowerment.

Empower

When we provide regular support and assistance to others, they come to rely on us and become dependent. Dependency can be unhealthy, for us and for them.

What if we were to make others less dependent on us, rather than more? Whether it's our children, colleagues, clients, we can learn to provide help or share skills in a way that allows the other person to feel more confident and capable to do things themselves.

Empowering others to be more independent and self-reliant also empowers us!

Message for the day

To check regularly means to bring about a change.

Expression: When there is any negative action performed, there is an immediate feeling of guilt and a desire not to perform it again. But the checking also needs to be at a level where it never repeats again. Maintaining a chart of one's own weakness means checking regularly. Such checking brings about a permanent change.

Experience: When I am able to maintain a chart where I could monitor my own progress, I am able to remain committed to my transformation. Adverse situations or people will never deter me, but I am able to bring about the desired change. I am able to continue the process of transformation even when what I seek to change is not harmful in the present phase of my life. Thus regular checking will prevent carelessness from creeping in.