

Today's Thoughts: November 19, 2020: Principle of Pure Love



## Principle of Pure Love

If we obey the principle of pure love, our life will always go in the right direction. Altruistic and unconditional love is pure and comes from our inner truth. When we are obedient to that inner truth, our life becomes a joyful dance.

## **The Energy Of Thought And Feeling**

Like so many other energies - sound energy, light energy, electrical energy, etc., which are primarily invisible forms of energy and come under the realm of matter or the 5 elements, the energy of thought and feeling is also a form of invisible energy. **The only difference is that it is an energy which transcends the limits of matter or the 5 elements** and is metaphysical or non-physical and extremely subtle in nature. **It is a living or conscient energy which originates from the conscient soul**, as compared to the other energies which are non-living or non-conscient in nature. But at the same time, it is important not to forget that it is closely connected with the physical body and can only express itself through a physical body. The other energies cannot express themselves since they are non-living. Also, we perceive this energy only when we are inside the physical body.

It is an energy which has kept going and going for as long as we have lived, life after life, in many wrong directions a lot of times. **It is this energy which we need to learn to channelize, control, manage, discipline etc. because by doing that we experience our original virtues of peace, love, joy and power**, which is our only and only desire, for which we use various different methods, but many times is not fulfilled, because we forget this basic and most important method. This is something which we have not been able to do since a long time, and something which a lot of people have desired to achieve since thousands of years. The technique of meditation is one technique which helps us in doing that. **The channelization of this energy will also improve the state of our physical body as it has a positive effect on the various body systems, the quality of all roles that we play and the success we achieve while playing them and very importantly our relationships** – not only with others but with our self and the Supreme Being or God also.

## **To forgive means to forget the mistakes of the past.**

When someone does something wrong to me, I keep holding on to it. I continue to keep it in my mind, which influences all my future interactions with that person. Even if he has changed, I remind him of it with my own attitude and thus he finds it difficult to sustain his change. I need to develop the power to forget the other person's mistakes and remember his positive actions. When I give such a conducive and positive environment, I make it easier for him to realize and I inspire him to bring about a change by overcoming his weakness.

## **Message for the day**

### **To sow seeds of right effort is to reap results in plenty.**

**Though to Ponder:** When I go on putting in effort in the right direction, I will keep gaining qualities. I will keep drawing the best from everything around and I will keep receiving cooperation from people. If, in between anything or anyone hinders this, its effect will not be so much as I am continuing to put in my efforts.

**Point to Practice:** Today I will do something constructive for what I really aim for. Towards this, I will make small little contributions. I will also continue with this practice every day and one day I will find the result coming. It could be either what I expected or something else that I haven't expected.