

Daily Positive Thoughts: September 05, 2013: Change



## Change

It is wise to bend rather than to break. Those who change will get spiritual wisdom. Conversely, those who have wisdom will decide to change.  
Change is the first law of Nature.

## Violence

Violence is a weakness in the soul; an act of selfishness, self-centered and uncompassionate behavior. It reflects a person or nation or world that has not matured, and is not willing to live its innate, original, highest potential.

The world is like our hand and its continents like our five fingers. Each finger is different and unique. Yet it is only when they all work together that whatever we put our hand to succeeds.

## Role Consciousness To Soul Consciousness

**Experience the following thoughts one after the other:**

I am conscious of myself and of what is around me...

I look at my life as a detached observer...

I observe the different roles I play during the day...

I see to what point I am capable of releasing myself of the role after I have played it and the scene has ended...

I can be myself...

I am freed from my roles and the consciousness of my body with which I play the roles...

I become light, without any burdens, free of weight...

I am only pure consciousness, I am light...

I am a miniscule point of light that radiates from the centre of my forehead...

I radiate the innate qualities of my being...

I radiate vibrations of peace; I radiate vibrations of love...

I am peace, I am love, I am light...

## Soul Sustenance

### The Energy Of Thought And Feeling

Like so many other energies like 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.

## Message for the day

**The one who is truly fortunate is constantly enthusiastic.**

**Projection:** When we find things going wrong with us, we immediately find ourselves losing all enthusiasm. We then do nothing to change our situation but just begin to curse our fate. With such an attitude we can do nothing to change our fortune.

**Solution:** When things go wrong, we have to recognise the fact that it is the present that is in our hands. We don't need to think of what happened in the past and curse our fate. Instead we need to fill ourselves with enthusiasm to make the best use of the present to make our future the best.