

Daily Positive Thoughts: September 26, 2013: Spiritual Strength



Ice Towers and Caves of Mount Erebus, Ross Island, Antarctica

## Spiritual Strength

A racing mind that reacts sensitively to little things indicates thinking that has lost its spiritual strength. Meditation restores that power.

## **God is only a thought away**

We should ask ourselves; do we react to situations in a positive or negative manner? The way we react is very much dependent upon our mental attitude and this in turn is directed by our thoughts. Linking our thoughts to the problems that surround us brings unlimited tension and worry. By linking them to the subtle and powerful vibrations of the unlimited source of peace, tranquility and knowledge that is, God the Supreme, we automatically have a constant source of good uplifting vibrations which can settle our troubled minds. He is the Father of all souls, the one who is there to give help at any time. In a time where our thoughts wander with little or no direction, where we find it difficult to talk or relate to people, it is worth remembering that God, who understands us, is only a thought away.

### **The Power To Tolerate (cont.)**

For most people today, if someone insults them, they'll immediately become angry or upset in return, so the situation not only remains unresolved but infact becomes more complicated. Those who are virtuous may be able to remain content and smile for a while, responding with patience, but repeated insults and repeated efforts by the other person to bring them down will tire them until the point come where their tolerance levels are crossed and they will react.

If, however, through my power of spirituality and meditation, I am receiving immense amount of strength from the Supreme Being, my heart will remain open and I won't count how many times the other person has harmed or insulted me. This may sound extremely difficult and may look like an impossible thing to do. Meditation, however, makes the impossible possible. Meditation gives me an experience of a very deep, personal relationship with the Supreme and helps me keep the Supreme as my constant companion, which gives me such power. It's immensely useful for anyone then to move towards that goal.

True tolerance is made possible by openness and acceptance. It doesn't mean clenching my teeth and carrying on, come what may. Suppression of my feelings can cause me internal, physical as well as emotional damage, and end in an outburst which can damage others too.  
(To be continued tomorrow .....

## Soul Sustenance

### Making Your Dream A Reality (Visualization)

I relax my body... I let go of all tensions... I reduce the speed of my thoughts...

I relax my mind, my thinking... I let go of what doesn't let me be well...

What is it that I the soul truly long for? What do I want in my life?

I listen to the answer that arises from the inside of the self... I let the answer come out spontaneously... I don't worry about it...

I visualize what I want and where I want to reach... Now I fly; I fly towards the destiny that I dream of... I visualize myself being what I want to be, doing what

I want to do... Without fears, without strings that hold me... I am who I want to be... I see myself like that, having achieved it... I enjoy some moments of this experience... **I experience my dream...**

I can achieve my dream... **I have to visualize it as if I had already achieved it... This strengthens my capacity to achieve it...**

Now I return to the present moment... I prepare myself to enter into action with this conviction... I will make my dream a reality...

## Message for the day

**The ones who can transform even negative to positive are the ones who remain cheerful.**

**Projection:** It seems natural for us to have negative thoughts when we are faced with any negative situation or when we are interacting with someone who is using his negativity. We then try to change the place or avoid the person in order to maintain our positivity.

**Solution:** We need to practice seeing positivity in everything that happens and everyone we come across. A long time of practice will help us see the positive aspect of the seemingly most negative situation. This practice will enable us to maintain our positivity in the most negative situation.