

Daily Positive Thoughts: October 29, 2013: A Wise Soul



A wise soul opens the window to the future by closing the doors to the past.

## Influence

Anything you keep within you will automatically reveal itself. Therefore make sure you are always full of attainments in your character. These will be revealed through your eyes, your words and your behaviour and you will be capable of having great influence on others.

### Living Life On The Surface

In an ideal situation, the thoughts that run in my mind, should be exactly those that I would like and I want. We do exert this control, that we possess, over our thoughts, but it is not complete and it is only sometimes. **The more we become completely engrossed in our daily routine, the more our thoughts tend to become reactions to what goes on outside us.**

That's when they go out of control and our lives move in an unfocused way. As a result things don't work out as we might have desired. Then we develop a habit of blaming other people and circumstances, or we justify our pain by telling ourselves we are not very worthy or powerful enough. Often, these two inner strategies go together. The trouble is, both are cover ups, preventing us from going for a long-term solution.

In this way, we tend to live our lives on a very superficial level, without taking the time to find the solution to what is going on wrong inside. Deeper difficulties remain hidden inside. I move from one scene of life to another - eating, watching television, studying in college, getting married, changing jobs, buying a new car or house, etc. without ever stopping. **All these are part of living, but if I make them my whole and sole, my foundation, it's as if I skate across the surface of life without being in touch with the core.**

As time progresses, an inner shallowness develops. Then the feeling keeps growing inside that 'there must be more to life than this'. I then, find that my relationships are not working out as I would have hoped and they are lacking in depth.

## Soul Sustenance

### Meditation and Health

Each original quality of the self or soul is specially required for nourishing and empowering one human body system. The quality of **peace** is responsible for taking care of the respiratory system, **joy** for the gastrointestinal system, love for the circulatory system, **bliss** for the endocrine system, **knowledge** for the brain and nervous system, **purity** for the immune system and the five senses and **power** for the muscular and skeletal systems.

Each one of us has at least one body system, which is most prone to disease. When our mind is under the influence of stressful emotions, there is a decrease in the flow, from the soul to this body system, of that quality which is required by it for its nourishment, which leads to the development of disease in this system over a period of time e.g. when an individual with a weak respiratory system is in a negative state of mind, there is a decrease in the flow of the quality of peace to the respiratory system which in turn can lead to a disorder like asthma.

### Message for the day

**The one who gives constantly is a true bestower.**

**Projection:** We usually find ourselves giving only to those who give to us. When someone gives us love or happiness, we too are inspired to give. So we find that unless we get from others, it becomes difficult to give.

**Solution:** We need to have the aim of not letting anyone go from us empty handed. That means we give them an experience of love or happiness or whatever they need at that time. When we have that aim, we will be able to give even when we don't get anything. And then, we find that only when we give do we get.