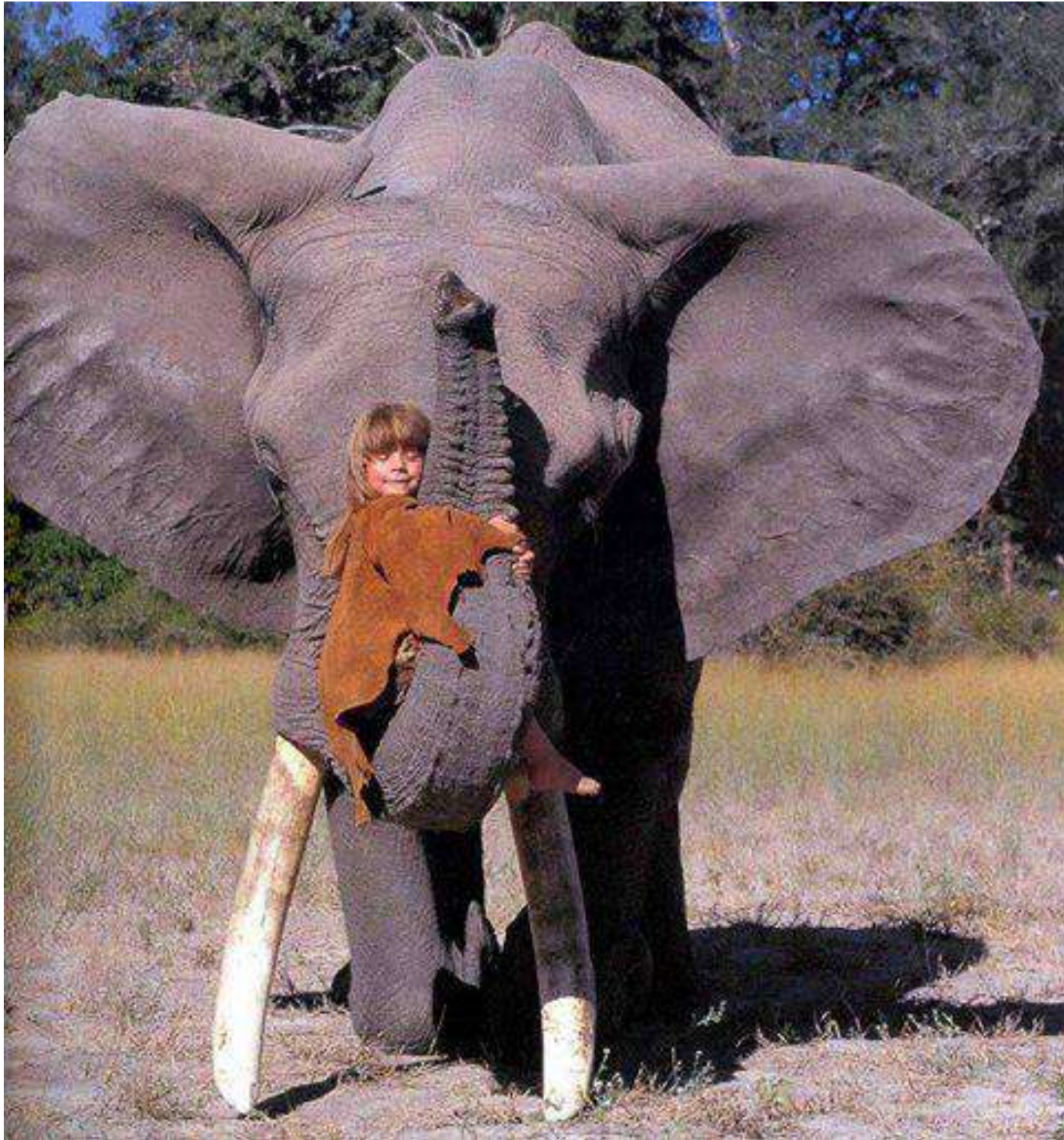


Daily Positive Thoughts: April 21, 2014: Respect



## **Respect**

Respect is received when it is given.

## **Universal Concepts About The Supreme Being or God**

There are some universally accepted characteristics of God:

- \* He is the creator and the one who sustains and takes care of the entire world population.
- \* He is the Highest of Highest.
- \* He is the Supreme Father.
- \* He is non-physical.
- \* He is omnipotent (one with unlimited power).
- \* He is a living being.
- \* He is all-loving and possesses complete knowledge.
- \* He is unchangeable.
- \* He is one and He is light.
- \* He is perfect in values and morals.
- \* He is absolutely just.
- \* He is the Supreme Benefactor (the one who brings benefit to everyone).
- \* He is the savior of souls.
- \* He is the purifier.
- \* He is mysterious in His ways.

Even in those religions that believe in and worship many Gods, there is one God who stands above the others. Then there are other faiths who believe God to be one single Supreme Being. Traditions, sacred texts, monuments, sayings and rituals all over the world, point to the existence of and belief in one knowledgeable, all-powerful and merciful being or soul. That being is universally called out to and recognized as the remover of sorrow, the giver of happiness and the savior of the 'sinful'.

(To be continued tomorrow ..)

## Soul Sustenance

### Connecting To The Qualities Of Others

Meditation adds immense value and depth to my relationships. It also brings closeness in them. Many obstacles and barriers, both on a physical as well as a subtle level, come between me and others when my consciousness and as a result, my perception are struck primarily in the physical dimension. **If I hardly know five to ten per cent of myself, and that too mostly on the surface, my relationships are going to be similarly superficial.** With my self-respect built on very weak foundations, it will tend to be delicate and I'll be prone to trying to maintain it by thinking about and focusing my energies on others' weaknesses, sometimes real and sometimes even imagined. I'll also find it hard to realize and appreciate their qualities. Such is the state of so many human relationships today.

**In meditation, I go into the depths of myself, and deep within my inner being, I find the beauty of peace, love and happiness that is there inside me.** I also realize that this same beauty lies inside each soul. **Then naturally and very easily, without any effort, I get connected to the same qualities in others.** I also find the strength to do the same. I am no longer judgmental seeing others' temporary **sanskaras** of negativity. I find qualities that are basically there inside every soul: the original qualities or **sanskaras** of each spiritual being. It's like a basic prototype for the whole of humanity, which I deeply see and realize.

## Message for the day

**Determination enables elevated thoughts to become practical.**

**Projection:** When we have an aim in our life and are working for it, we sometimes are not able to bring into practice all that we plan to do. We then tend to become disheartened and give up after trying for some time. Thus we lose out on the benefit that our thoughts can bring in our life.

**Solution:** In order to put into practice the good thoughts that we get i.e., in order to make our thoughts practical we need to stamp it with determination. Our words should never be 'I'll try', but must always be 'I will do it'. Where there is determination there is victory.

## Creativity

There are times when our crowded lives and minds don't allow space for creativity to emerge.

For creativity to flow naturally, regularly make quiet time for yourself, to clear and refresh your mind.

Do nothing other than sit back, relax and let your mind: float freely on a hot-air balloon, swim through a deep blue ocean or soar into the sunset.