

Today's Thoughts: September 25, 2018: There Is God



There Is God

Behind every flower there is a seed, behind every painting there is an artist,
behind every human being there is God.

Balance of Head and Heart

In my interactions with others, I sometimes only use my head, i.e., my logic. I am very logical and understand the facts very clearly. But if I keep myself limited only to the facts, I tend to forget to use my heart. I then am not available to the other person and fail to understand him. In order to be successful in my interactions with others I need to have the right balance between my head and my heart. I need to see beyond what the facts say and try to listen and understand the other person too. When I do this I will not hurt people with my attitude but will be able to maintain harmonious relationships.

Inculcating Powers Though Meditation - The Power To Pack Up

On the path of meditation, I am a traveler, on a magnificent journey. I have to make some firm choices about what will take with me on this journey. To pack up means to learn the lessons of the present, then to move on, letting the past be past. It means not carrying the baggage of the past into my present and future, but traveling lightly from one day to the next, keeping only what is most useful to me. That way, I'll enjoy the journey more, and move faster in the direction of my choice.

I'll also be lighter in my relationships. The power to pack up enables me to fill each exchange I have with others with freshness and newness, instead of allowing influences from past encounters with them to affect my present attitude and behaviour. When I carry emotional or intellectual baggage from the past into my present dealings with an individual, I don't give that person the opportunity to express himself freely: my attitude colours him with the paint of my previous experience. It is important to process the past, and learn from experience, but then finish it, so it does not block my view of how things are today.

Meditation helps me to acquire that discipline of finishing negative and wasteful thoughts i.e. inculcate the power to pack up. As the habit of self-observation develops, it doesn't take long to understand how negative thoughts and feelings literally negate my central aim, of re-emerging my true nature. Negativity drains the battery of the soul faster than anything else does.

(To be continued tomorrow)

Soul Sustenance

The Fifth Phase/Age Of Humanity (cont.)

When we recognize the precise and exact nature of cyclic time, we can also joyfully expect and work for a new day or the Golden Age. For this to happen, great changes must take place in human affairs. It is a process of change that can only begin from within the individual. Just as we have been responsible for the degradation of the physical environment, of our world, so it is we who must take up the repairs. When we understand that all change is from soul to mind, from then from mind to body or matter we realize that it is our own spiritual awakening and purification which can change our world at all levels. As we turn to face the Source of love and light and fill ourselves with spiritual energy, the process of reduction in spiritual energy of the world is slowed down and slowly reversed. The soul returns to its original pure and loving state. The result is a change of the inner world of consciousness which, in turn, is reflected in the change of the outer world that we all share.

When we change, the world changes.

(To be continued tomorrow ...)

Message for the day

Balance makes life peaceful and happy.

Projection: A life of peace is a life of balance. Sometimes, even a single negative thought or word can throw one out of balance. Even a virtue needs to be in balance. For instance determination, which provides energy and concentration necessary for any accomplishment can become stubbornness. So determination when balanced with patience and flexibility creates a life of happiness.

Solution: When I have detachment whilst using a virtue, I am able to maintain balance. Otherwise I find that even a virtue to an extreme takes a negative form. Detachment enables me to recognize the importance of the virtue and use it in the right way, according to the requirement.