

Today's Thoughts: August 04, 2018: Enjoy



Suzhou, China

Enjoy

When I finish this project, then I will be happy! When this situation is resolved, I will be fine. When I reach my goal, I will finally relax, be peaceful! Do not postpone your happiness; enjoy whatever comes your way.

Unloading Your Pressure Baggage (cont.)

Sometimes the pressure we are carrying is related to the situation we are in, sometimes we even carry a pressure of one situation in another situation i.e. it is unrelated pressure. All this continues throughout the day, day after day. What all this pressure does is increase the quantity of thoughts that we carry in our mind, which in turn reduces our efficiency and discriminating and judging power. The words and actions coming out from such a state of mind are improper and lacking in power, conviction and clarity. **To ensure that we do not carry pressure baggage on our emotional back, as per our pressure equation** (shared in the first message of this series), **we need to change the incorrect beliefs that we carry, which are the root cause of our pressure and at the same time increase our ability to bear the different life forces.** We carry thoughts that are determined by our belief of what success is and what failure is, what winning is and what losing is. Although we perceive such beliefs to be true, they are not true; they are like a facade that influence our perception of reality and generate in us feelings of pressure. The truth, on the other hand, is deeper than beliefs.

While meditation will serve as an important tool to increase our inner power to tolerate or resist life forces; spiritual knowledge, understanding and wisdom will serve as an immensely important tool which will help us in correcting our beliefs. So in times of pressure, stopping yourself for a minute and assessing your thoughts, then going backwards, and **checking** the beliefs which are the root cause of the thoughts at that particular moment and then **changing** them requires strength and clarity, which we will obtain through the medium of spiritual wisdom. Once the beliefs are corrected, the thought patterns will change. Thoughts like - * Maybe I won't arrive on time, * If I don't finish this assignment successfully, I will lose my next promotion, * If I lose my money in this financial investment, my family will stop appreciating me etc. which we create all the time - will be replaced by more positive thoughts of security, fearlessness, patience, peace, faith, determination, certainty etc.

Soul Sustenance

Worry Confused With Concern

One of the most **incorrect beliefs** that we have acquired since childhood is that **to worry is to care, worrying is caring**. Our parents are the people whom we grow up with and are closest to in our childhood. As soon as we are born, in fact even before we are born, even when we are in our mother's womb, they start transmitting the energy of this belief through their thoughts and later on when we are physically present in front of them, through thoughts, words and actions; to us, which we catch, because we being a spiritual energy, not only transmit or radiate but also absorb energy. As we grow up, this false belief keeps reaching us from everyone on a subtle as level as physical level from whom we meet and are close to including our friends, siblings (brothers and sisters), spouse etc. and **slowly we start accepting this belief as being completely true and lead our lives according to it and even transmit the same to others**. That is why it is extremely difficult to find a single person today who does not live according to this belief or does not bring it into their daily lives to some extent or the other.

A very common example of the above belief which we all have gone through sometime or the other is when we are late by just a few minutes in coming back home from office. On reaching home, we are asked a thousand questions and by our family members, perhaps our parents or spouse or children about where we have been and why hadn't we bothered to call and also informed about another thousand negative assumptions they had made in that much time. Why? Because they had been worried for us. We are normally surprised with the fact they are worrying, because 9 out of 10 times we are late because of a not so serious reason, but our family members explain that we were worrying for you because we care for you. But worrying is not caring. **Worry is fear or anxiety and care is love or concern, they are two opposite emotions which can never exist together at the same time.**

In tomorrow's message, we shall demonstrate how on a subtle energy level, true love and concern is more beneficial than worry in coming out of negative situations, in which we find ourselves every now and then.

Message for the day

To experience newness each day is to be creative.

Projection: Sometimes we find things to be very monotonous. There seems to be nothing new that is happening. Days pass on and we tend to become action-conscious only trying to finish the tasks at hand. We feel caught up in the routine not able to enjoy anything anymore.

Solution: Instead of just doing what has to be done in a monotonous way, we need to take a thought each day to experience something new. There is such a variety in each day, we only have to discover ways of experiencing it. When we learn this creative art, we'll never be bored, but will be able to enjoy everything that comes our way.

Self-control

Usually when we talk about control there is only a thought of controlling others or situations. There is really never a thought of self-control. Again controlling the self is understood as something difficult and painful. So we generally force ourselves to change or adapt our thoughts, words and behaviour with a great deal of difficulty. This further makes it difficult to have interest for self-control. To have control over ourselves means to be a master. Our thoughts, words and behaviour need to be according to our orders. This is real self-control. For this we need the practice of being a master and not to become a slave to anything. The more we practice the consciousness of being a master; everything that is our will naturally obey our orders.