

Today's Thoughts: January 29, 2021: The Power to Face

The Eight Powers of the Soul - Day 6

These are powers that recharge the soul. As the soul comes into action it experiences the practical form of these powers.



England-Stepping Stones

The Power to Face

Nothing seems like an obstacle, but rather a stepping stone to victory. To lack this power means to be dominated by external dramas.

How Often And Why Do I Need To Meditate (Part 1)?

As with anything else, the more we practice meditation, the more we feel the benefit of what we are doing. We do need to practice meditation regularly because the habits of:

- i. **identifying with our physical form,**
- ii. **Succumbing to mental and emotional negativity (in the form of waste and negative thoughts) along with negativity in words and actions,**
- iii. **becoming attached to the physical as well as the non-physical, and**
- iv. **being dependent upon the experience of physical stimulation of any sort (from e.g. food, movies, people, sports etc.) for happiness** are extremely deep.

These habits have deepened over a period of many many births, because of repeating them regularly, due to a lack of spiritual awareness. As a result, in the present moment also we regularly and quite easily slip into these four habits.

(To be continued tomorrow...)

Where there is knowledge energy is saved.

I put in a lot of effort to deal with the situations I am faced with. But sometimes I do not find the success that I should. I then put in more energies to bring about the desired change, but without any positive result. In order to deal effectively with the situations, I need to understand the situation accurately. If I don't succeed once, I need to check if I have understood the situation accurately or not. With understanding, my energies don't get wasted away, but get focused accordingly.

Message for the day

To understand that I am a creator of my thoughts is to have the power to control them.

Thought to Ponder: To control thoughts after they go out of control is really difficult or almost impossible. But when I understand that I create thoughts, I can have mastery over them. From time to time, I need to remind myself of this, keep a check on my thoughts, steer and stop them whenever and wherever necessary.

Point to Practice: Today I will take one thought, "I am the master and creator of my thoughts. So, I have the reins in my hands and can guide them how I want.". Even if any other thought comes, I can have a control over them, instead of them controlling me.