

Today's Thoughts: April 25, 2020: Kindness



Kindness

Great souls take advantage of every moment and every opportunity to give happiness to others through kindness in their thoughts; such souls are willing to overlook weaknesses and mistakes and have the desire to help everyone reach their potential.

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.

Listen to the song in your heart

Everyone has a song in their heart. Everyone has a reason for being here and a season for making their highest, greatest most auspicious contribution. No one knows what that is or when that is for anyone else. Only our own heart knows what and when it is for us. Your heart wants to sing. Don't die with your music still within you. There is a reason for everything and a purpose to your life. Too many fail to listen to the song in their heart and therefore fail to find their purpose and their part. What makes your soul sing and your heart dance? Actually your heart is your soul and you are both! Ask this one question of yourself but don't be in a hurry to answer it. Live in the question for a day, a week, a month. Let it invite your heart to speak to you. And when you are absolutely sure what your heart is saying is true then begin to invoke the changes necessary in your life so that you live in alignment with your song. Be patient with this.

Message for the day

Success comes through maintaining self-respect.

Expression: Where there is self-respect, there is naturally a stable state of mind, even in the most challenging and difficult times. This in turn brings right judgement at all times, which allows discrimination between right and wrong. Right judgement leads to right actions. So there is constant success for such a person.

Experience: Self-respect is the state of mind where I am able to appreciate my own uniqueness and give regard to myself. When I am able to be in my stage of self-respect, I am able to be stable in all situations. This seat of internal stability keeps me light and easy under all circumstances. I am also able to experience constant success even in the most difficult and challenging times.