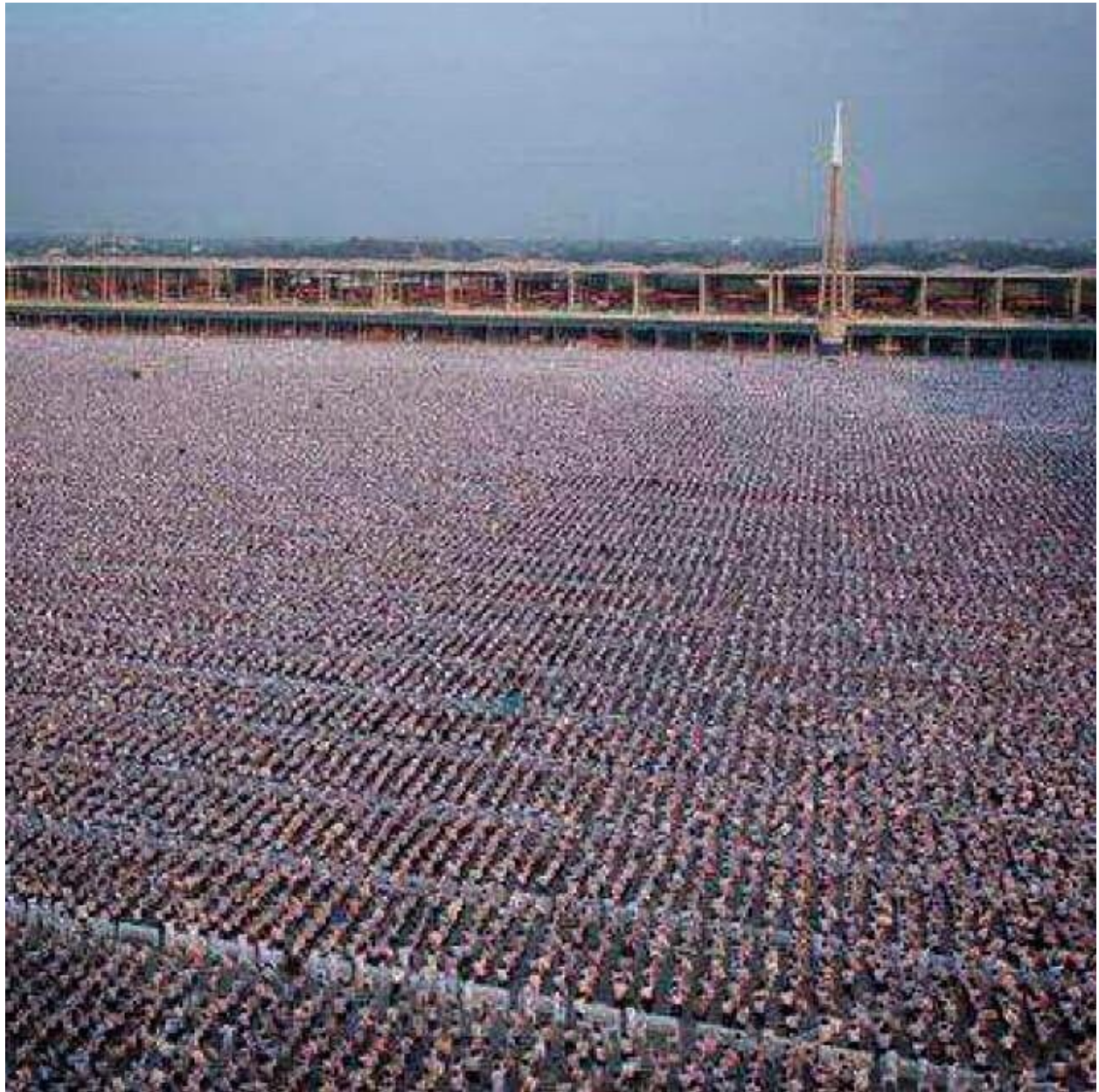


Today's Thoughts: June 17, 2020: Peace



1 Million Meditating children for world peace in Thailand

## Peace

Peace is not a passive attitude; it is an active state. It requires having constant attention in order to live and to respond as a peaceful being to any upset in life.

## **Mental Churning And Its Benefits (Part 2)**

**A beautiful mind leads to a beautiful personality which shows itself through our thoughts, words and actions.** So taking utmost care of the mind in the early morning hours is extremely important because the absorption capacity of the mind at that time is very high and giving instructions to it in the form of thoughts based on the soul and the Supreme Soul makes the mind soul-conscious and this is a training to the mind to keep its remembrance oriented towards the soul i.e. its own spiritual self and the Father of the spiritual self, who is God, the entire day after that.

At any point of time on any particular day, if you have had a bad day, you could check how the start of that particular day was and you will realize that a bad start of the day very often leads to the remaining day being spent negatively. Also, a day which started positively in the company of your loved ones or a day which started by hearing a good piece of news or imbibing positive information or by watching a good program of spirituality on television will normally be spent positively whereas a day which started with watching or listening to negative news on the TV of accidents, death and violence or by reading a negative piece of information or with an argument with someone will be followed by a day with negative events. Why is this so? The thoughts are given shape in the morning and they act accordingly in the day after that. Also, the thoughts inside the mind in the night, before sleeping, have an influence on the state of mind the next morning and that in turn affects the whole day and is carried inside till the night. So, it is a cyclic process and to keep the cycle positive, the start has to be made every morning. As they say - as the food, so the mind i.e. physical food eaten of a good spiritual feel or positive energy level or *saatvik* in nature influences the mind positively. On the other hand, food eaten of low energy levels or *tamsic* in nature will influence the mind negatively. That holds true for physical food eaten by us. In the same way, **food for thought, as they say i.e. the quality of our thoughts also influences our state of mind and complete inner state and how we feel.**

(To be continued tomorrow ...)

**To have pride for our role is to be happy.**

To compare myself with others is to actually insult myself. I have my own uniqueness which I express in my own unique way through my unique role. When I remember this, I will neither have superiority or inferiority complex. I will accept each and everyone's characteristics, including myself. Today I will walk in my own shoes. I will not attempt to walk in someone else's shoes, as it doesn't fit me properly. Walking in my own shoes, leads me on the path of happiness. So, today I will walk on the path of pride and happiness.

### **Message for the day**

**To use the treasure of time well is to ensure success.**

**Thought to ponder:** Everyone has the same amount of time in their hands. There are some who spend it waiting for something to happen, there are others who waste it thinking unnecessarily or talking unnecessarily. But those who invest time and perform beneficial and fruitful actions, find themselves successful at every step.

**Point to practice:** Today I will not waste my time in small little things that I normally would. I will save small drops of time and invest them well. I will be careful and pay attention to see if everything that I do is using the treasure of time well.