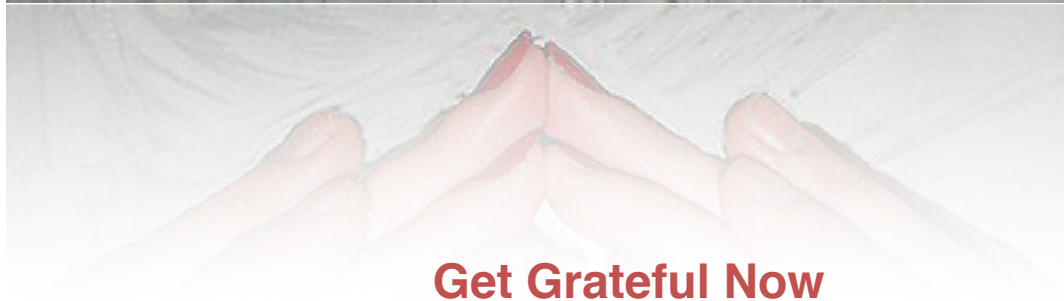


Today's Thoughts: July 18, 2020: *Get Grateful Now*



Get Grateful Now

Even when you feel as though things aren't going well in your life, you have reasons to be grateful. Today, take time to appreciate the gift of life and all its wonders. Count your blessings and cherish what you have.

The Law of Cause and Effect (Part 2)

Suppose a person from India goes to America for the first time and rents a car over there. He then parks his rented car on the wrong side of the road. He will be charged a fine because parking laws are different in both countries. He cannot simply say - *I didn't know, I am ignorant*. It should have been his responsibility, if driving, to find out the laws of the new country but he didn't take enough care.

In ignorance, we have done many things against the universal laws of creation – especially the Law of *Karma*. **We did not have the complete knowledge of what are good/bad *karmas*, what are right/wrong *karmas*; what different types of effects different *karmas* would have on me, others and nature.** But we cannot just say - *I didn't know*. It was our responsibility to know. If we look at the state of the world now, there may be a few sparks of light or spiritual enlightenment but, generally, there is a great amount of darkness. That gives us an indication of the sorts of *karmas* the vast majority of us have been performing, due to ignorance, to have produced the situations or circumstances in the world.

The complete knowledge of the karmic process, which focuses primarily on the Law of Cause and Effect (explained yesterday), which we learn when we are introduced to spirituality, helps us:

- reduce the burden of the past
- remove any type of suffering or sorrow in our present life
- change our future as well as that of the world, to make it better and more positive
- experience a positive return from our spiritual efforts
- understand all the why's, how's, what's and when's which surround our life.

Carry on

When little children stumble and fall, they may cry for a bit, but then they stand up and carry on. In the same way, we too have to be persistent like little children.

Get over your embarrassment and self-consciousness.
Pick yourself up and carry on.

Message for the day

It is on the basis of actions that praise is received.

Expression: The one who only talks but is not able to put his talk into practice does not become worthy of praise. On the other hand, the one who is able to bring his good thoughts and words into action becomes worthy of praise. Such a person's actions become inspirational for others and encourage them to follow him.

Experience: When I am able to act according to my thoughts and words, I am able to take inspiration to do more. For every positive action that I do, I experience support and good wishes from others which encourage me constantly. My account of positivity is always full and it takes me further to a cycle of positivity making it a habit. So I find that I don't have to work hard for performing positive actions.