

Today's Thoughts: July 01, 2020: Live Inside Hope



Chateau de Langeais, France

Live Inside Hope

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.

8 Powers To Experience Success (Part 1)

A very important measuring meter of life which we forget to use in our daily routine is the spiritual power meter which means that in any difficult situation of life, how good I was in using a spiritual power in overcoming that situation. **The eight main spiritual powers are the power to tolerate, power to accommodate, power to face, power to pack up, power to discriminate, power to judge, power to withdraw and power to co-operate.**

E.g. I am driving my car on a crowded road and all of a sudden my car is banged by another driver from behind leaving a big dent on my car. Very often and a lot of people in such situations, as we see in big cities, will get out of the car and confront the opposite car driver. Then they will demand a few thousand rupees from him. Sometimes, there can be a war of words and even a fight and sometimes when the anger is at its highest, it overflows and results in an injury or even death. Another person in a similar situation, on the other hand, will remain calm and instead of becoming angry, will forgive the other driver and instead of fighting, will quietly drive away. Which power does the first person lack and the other person has because of which the reactions are so different? In this situation, the power to tolerate and the power to accommodate the other person's actions are the two main powers out of the above mentioned eight powers, which are required. Of course, the other six powers are also required but the two mentioned are required more than the rest. This is an example of a common situation, where anger and ego are the two main negative forces over which these two spiritual powers – the power to tolerate and the power to accommodate have to gain victory. Also, **a very important point to note that all four of them - the two powers as well as the two negative forces are *sanskaras* inside the soul which can be changed i.e. the power can be filled or increased and the negative force can be removed or reduced.**

(To be continued tomorrow ...)

We are like a Tree

Our branches represent work, family, friends, health, dreams, ambitions....
Our life-force pulses through each branch to every single leaf. So, extend your branches in a joyful gesture and celebrate life.

The seed is the essence of who you are; your life-force.

If you feel overwhelmed by it all, concentrate on the seed and you'll be revitalized. When the seed is vibrant and vitalized, the tree, the branches, the leaves, everything will be good.

Message for the day

To sow the seeds of pure feelings constantly is to experience positive fruit.

Expression: When one's feelings are constantly positive and pure, there is no expectation of the fruit to emerge immediately. Even if others are not able to respond to the positivity or if situations are not according to my expectations, there is still the feeling of giving. So there is this positivity expressed through the vibrations spread around and in every word and action.

Experience: The more I am able to have pure feelings for those around me, the more is the positivity that emerges from within. Because of having discovered the positivity within, I am able to give unconditionally. So I experience the immediate fruit of what I have given and also accumulate for the future, and continue to enjoy multi fold fruit of what I give.