

Today's Thoughts: July 12, 2020: A Free Mind



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## **A Free Mind**

A free mind is a mind that is open to everything and attached to nothing. Most people spend much of their time looking for reasons to be offended. An open mind is never offended because it is free of any attachments. It is never the self that is offended but always the illusion that the self has of itself that is affected by insult! If you can really understand this, deeply grasp its truth, live it each day, then pain will be no more. Next time you 'feel' offended look closely within yourself at yourself and ask yourself what was offended? If you remain aware you will see that it was only an image of yourself which you had become attached to, and that image did not resonate with the image contained in the insult. If you weren't attached, if you didn't identify with the wrong image of yourself then there would be no offence taken. You would then remain free and therefore happy.

## **The Three Mirrors For Inner Beauty (Part 1)**

*Mirror mirror on the wall, who is the fairest of them all?* are famous words. To check our external beauty or tidiness, we look into the mirror on the wall each day. But on a mental, emotional and spiritual level, what is the mirror that helps you to see if there is anything wrong with your inner face or self or to realize what is happening to you and what you have to do to maintain your inner fairness or beauty?

There are **three types of mirrors**, which one can use to see or check the internal self:

**The first mirror is the mirror of spiritual knowledge** – Spiritual knowledge is the knowledge related to spiritual self-development i.e. of the soul and also of the Supreme Soul. Each day, in the morning, you can look into this mirror for 5 minutes at least. **Looking into this mirror means listening to or reading a piece of spiritual knowledge for at least 5 minutes that connects you to your inner essence, increases your emotional and spiritual intelligence as well as reminds you of your true purpose.**

You will see yourself very clearly in this mirror as this mirror will show you:

- **the knowledge of the original and ideal virtues of the soul like peace, love, bliss, purity, power, joy etc.;**
- **how these virtues can be imbibed in the self** to benefit the self and others;
- **the knowledge of the different types of weaknesses that can arise in the soul like anger, greed, ego, hatred, fear, attachment, jealousy, sorrow, etc.,** the roots of all which lie in mis-identification with the physical self and forgetting the spiritual self and how these weaknesses can harm the self and others;
- **the knowledge of overcoming these weaknesses.**

All of these things which you see in the mirror will help you to check where you stand in comparison to the right code of conduct for thoughts, feelings, attitudes, emotions, words and actions, where you are going wrong and how you can make the required corrections in the same. On looking into this mirror you will be reminded of the Law of Karma (the Law of Action and Reaction), which will motivate you to make these corrections.

(To be continued tomorrow ...)

**To be in the present is to experience the beauty of who I am.**

Life takes place in the present moment; past and future exist only in our imagination right now. So, I need to experience the present moment. Past and future can hold threats or negative experiences. But the present offers only the beauty of this moment. When I experience the joy of this moment, I would be able to experience and express my inner qualities. Today I will spend at least a few minutes to relish the experience of being in the now. I will feel the flow of energy in my body and the beauty of thoughts in my mind. I will relish the joy of being alive, the joy of having the ability to express and experience who I am and what I can do. Just for these few minutes, I will keep aside what happened yesterday and what would happen tomorrow.

**Message for the day**

**To be victorious means to pass obstacles with ease.**

**Expression:** The ones who aim to become victorious never think of not being faced with obstacles. Instead they look at each obstacle as a chance to use and express their own inner powers. So there is constant progress visible in them.

**Experience:** When I am prepared for the inevitable challenges that life brings, I will not experience fear, tension or anxiety but will always be confident and fearless. Apart from actually being victorious in the situation, I also experience winning over my weaknesses and discovering new powers within me.