

Today's Thoughts: August 07, 2020: Independent Observer



The **Erechtheion** is an ancient temple on the north side of the Acropolis of Athens in Greece, dedicated to both Athena and Poseidon.

## **Independent Observer**

Peace ends when you are emotionally involved in a situation. The practice of being an independent observer helps you stay stable and calm. It is the best way to approach a decision in any circumstance.

## **Beginning Your Spiritual Journey With Acceptance (Part 2)**

In yesterday's message, we had explained some facts of spirituality, which if accepted initially, help us restore our personal relationship with the Supreme Father or God and experience Him easily. Given below are some more facts:

**4. Accept that God does not reside in the physical world, He is not present everywhere** as is the common belief, but He is a very real, individual and unique Being, staying in the incorporeal (non-physical) or soul world, situated beyond the physical world.

**5. Accept that God is a loving Parent of the soul** who does not give sorrow, pain or punishment to His children but who only wants the best for them — He is a gentle and understanding Father and Mother who not only knows why we lose our true self awareness and, as a result, create sorrow for ourselves; but also helps us regain that awareness.

**6. Accept that experiencing God does not require blind devotion. Also accept that it does not take many births of penance to find and establish your connection with the Supreme - only one second, and the right kind of thoughts.** The process of creating the right, positive and spiritual thoughts so as to connect with God is called meditation.

## Meditation

Did you know that meditation can help you get more out of your exercise or workout routine!

Meditation increases your discipline and concentration, strengthens your willpower and your ability to be more present.

Meditate for a few moments before a workout. Breathe slowly, breathe deeply and relax all the muscles in your body...

Meditate after your workout to cool down.

Give yourself a few minutes to rest your body and mind, so that you're ready to switch into the next activity.

## Message for the day

**True freedom is to be from seeing negativity.**

**Thought to ponder:** Sometimes, we do feel bound and helpless because of certain situations or people. We try hard to escape from it, but we are not able to. We tend to think a lot about it and waste our time and energy. Hence, we are further caught up in it. On the other hand, when we make the effort of seeing and working on some positive aspect in ourselves, the situation and people, we are able to be truly free, first in our own minds. We then would be in a state of mind to find the right solution.

**Point to practice:** Today I will invest my time and thoughts in seeing the virtues of people around me. I will give a thought of good wish to each and every one I meet. If I catch myself perceiving negative, I will stop and change my thoughts immediately. I will not waste my thoughts and time today in something which is no use anyway.