

Today's Thoughts: August 06, 2020: Soul Consciousness



Soul Consciousness

Spiritual awareness (soul-consciousness) is cultivated through deliberate practice and only those who have understood the need for this kind of true, inner, self-respect will make the effort. Difficulties will arise to test your resolve for self-upliftment - physical illness, relationships, memories of the past, and so on. Yet with patience and introspection, you will come to see how these very tests are the means to strengthen your spiritual identity.

Beginning Your Spiritual Journey With Acceptance (Part 1)

Sometimes, in order to get a desired result from a process, we need to let go of our resistance and trust the process initially. In order to restore our personal relationship with the Supreme Father or God, we need to let go of our old beliefs temporarily and trust the path or process of spirituality. **Given below are some facts of spirituality, which if accepted initially, will help you experience the Supreme Being easily:**

- 1. Accept that the soul and the Supreme Soul are separate energies** with the same form. They are both points of spiritual light, extremely small in size but with immense amount of capabilities, virtues and powers; the Supreme Soul, having more of them than the souls.
- 2. Accept that we must be proactive in building our relationship with the Supreme** (and not depend only on Him) and also be aware, that like any worldly relationship, this one also takes a little time to develop.
- 3. Accept that the re-establishment of the loving connection with the Supreme requires the letting go of, not the material world of objects and people, but our attachment to them.**

In tomorrow's message, we shall explain some more facts.

To appreciate all scenes of life is to remain happy and cheerful.

Every scene in my life has a reason and I need to appreciate that reason. Each scene is an opportunity to express my inherent talent (some quality of mine). If I do not use that quality which I need to use in that scene and slip into some negativity, I have lost the opportunity to act out well in that scene and missed out the joy of my role in the scene. So, I need to ensure that I enjoy every scene of life beautifully. Today I will remain happy. Happiness is a choice and I choose to be happy. Everything that is happening has a reason - I understand and appreciate that reason. So, whatever happens, I choose happiness. I understand that there is no meaning in all that I do, if I don't do it with happiness.

Message for the day

To be victorious means to pass obstacles with ease.

Thought to ponder: 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.

Point to practice: 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.