

Today's Thoughts: August 14, 2020: Enthusiasm



Enthusiasm

To be enthusiastic is to be free. A caged bird has the ability to fly, but is unable to spread its wings and soar. I need to remind myself that being enthusiastic in all situations is like being a free bird reaching great heights. When I experience this inner freedom and appreciate the joy it brings, I will be able to sustain it even when things go wrong. To be enthusiastic is to be free...

The Invisible Law Of The Universe (Part 1)

We are living in a world full of uncertainties i.e. a world where anything can go wrong in a second. Have you ever wondered what the reason for this is? Tomorrow you step out of your house and you could meet with an accident. You appear for a job interview and in spite of all your hard work, you don't do as well as expected. Also, sometimes within a few seconds, a close relationship with a friend or a close associate turns negative because of a misunderstanding and you are no longer on good terms with the person. Or in some cases a person, because of his or her own thinking, suddenly goes through an episode of depression and he or she is unable to concentrate his mind on managing his or her family as before. So life events are as unpredictable as the weather.

We have all got used to watching news on television and reading the newspaper and every day we listen to all these unexpected events happening in the lives of people around us and all over the world. **Does anyone ever wonder why the world is tiring in this way or why the world is no longer that permanently peace and happiness filled?** As we spiritual beings spend more and more time on earth, the quality of our actions is coming down and the energy of these actions which radiates into our immediate surroundings is of a similar nature. This energy keeps coming back at us repeatedly. **Do you know that each time we think a negative thought, speak a negative word or perform a negative action; the thought, word and action may be forgotten, but all of them leave a negative *sanskara* or subtle impression on the soul?** This attracts negative situations from the people around us and from the nature's elements in the form of negative situations of different types of the physical body, role and relationships, sometimes immediately, sometimes after a few days, months or years and sometimes even after many births.

(To be continued tomorrow ...)

Self-Discovery

Discover your amazing breadth and depth as a person.

Recognize the variety of qualities that are within you, right now.

Acknowledge the valuable abilities that are intrinsic to your uniqueness.

Each day put into action some of your vast array of qualities and actively contribute your abilities to the world around you.

Message for the day

Real powerful actions inspire others to be positive and powerful too.

Thought to ponder: There is a saying that there is a metal ('Paras') that makes iron to gold. We need to be like that, i.e., when our words and actions are powerful, it will inspire others to become powerful too. On the other hand, in the face of negativity, if we tend to portray negativity, they will never have the power to make their actions positive.

Point to practice: Today I will take a fast of not using negativity. Just for today, I will make sure that in spite of negative situations, I will remain positive. I will let no negative word emerge from my mouth nor will I perform any negative action. I will pay special attention to this.