

Daily Positive Thoughts: October 14, 2013: An Angel



### An Angel

By feeding your mind a diet of elevated thoughts, you grow to become more and more like an angel.

## **The Journey Of Time**

There are two laws governing the journey of time in this world.

**\* Firstly, the movement of time is cyclic i.e. without a beginning or an end. It is not linear i.e. a straight line with a beginning and an end, and**

**\* Secondly, everything new undergoes degradation and becomes old at some point of time.**

These two laws help us to understand the journey of time and why the world is in its present state.

We use time to attempt to measure change. One day is measured by the time taken by the earth to rotate around its axis. One day is our basic unit of measurement of time. One year is measured by the time taken by the earth to revolve around the sun. So the movement of time in our physical world is always cyclical. The cycle of the day, from dawn to daylight to dusk to night, is a movement that repeats with absolute constancy. A larger cycle is that of the seasons - from spring to summer to autumn to winter - which also repeat in the same way.

When we become a detached observer and look at the 'big picture' of human history, we see an even larger cycle, **the eternal world cycle of time - a cycle that moves from the day of humanity (where everything is positive on a physical as well as spiritual level) to the night of humanity and then back to the day of humanity to repeat again.** But to believe and understand that picture completely, we first need to understand the second law of time and also connect it with the first law.

**Tomorrow we shall explain the second law of time.**

## Soul Sustenance

### Overcoming The Loss/Separation Of A Loved One

Living trapped in the memory of a loved one who left us, or in the memory of a situation that no longer exists, or in the memory of someone who is alive but who we no longer see (since we have physically separated), does not allow us to enjoy the present moment with freedom.

What is required during the mourning period is the capacity to make peace with the memories recorded in our consciousness. It is to reach a point where these memories do not upset us or cause us pain. It is to acknowledge that the memory of what was and no longer is, no longer generates desires, dissatisfaction, frustration or sadness.

You don't get over the mourning of a loved one or a lost child, because you allow the memory to continue alive, in a way that it invades the consciousness and imprisons the soul. The memory suffocates the present; there exists a desire to relive a past that no longer has the possibility of existing.

Tomorrow, we shall look at some of the questions that arise in the mind in a mourning period.

## Message for the day

### When the mind is healthy the body is healthy too.

**Projection:** When we have some difficulty with our body, we usually find our mind becoming dull, too. When the mind becomes dull we no longer can fight the sickness. It, thus, takes a long time to get well and the time during the sickness seems long and painful.

**Solution:** We need to make sure we keep our mind happy under all circumstances. Where the mind is healthy no illness will attack us. Even when we fall sick we will be able to be stable which will help us to fight back and overcome the illness very soon.

## **Remain independent**

The root of suffering is attachment. You have created a space in your mind that holds a person or object as a part of you. When that person or object is criticized, neglected or not there with you, you feel pain in your mind and you experience a sense of loss. If you want to remain happy at all times, you must learn to love and appreciate while remaining independent.