

Daily Positive Thoughts: April 22, 2014: Give & Take



Give & Take

Whatever you give comes back to you. Whatever you take will not stay with you.

Universal Concepts About The Supreme Being or God (cont.)

Just as a candle flame emerges from a point source and assumes an oval form, mystics and saints throughout the passage of time have had visions of God as a point of self-luminous light with an oval aura.

Most religions have images, idols or memorials, having one name or the other to represent God as light or as an oval shape.

Throughout India there are statues of an oval-shaped image. They are called *Shivalingas*, and are thought to represent the Creator Himself. The names of the temples of Shiva confirm this: *Somnath*, the Lord of Nectar; *Vishwanath*, The Lord of the Universe; *Mukteshwara*, the Lord of Liberation, etc..

In the Old Testament of the Bible, it is mentioned that Moses had a vision of light as a "burning" bush in the desert. Jesus also referred to God as light. In some Christian ceremonies, during the ceremonies, an ostensorio is held up. The ostensorio is a golden ball with many rays radiating from it. Perhaps this is a symbolic representation of God.

Guru Nanak, the founder of Sikhism called Him *Ek Omkar*, *Nirakar*, the one non-physical (bodiless) being or soul.

According to Islamic legend, when Adam left paradise he came to a low hill upon which he saw a shining white oval stone. Around this stone he circled seven times praising God. He then built the *Kaaba*. By the time of Abraham it needed to be rebuilt as a temple to honour the one God. The town of Mecca grew around this spot. This oval stone, later called *Sang-e-aswad* and now blackened by the kisses of millions of sinners, so they say, is the only object of worship in the whole of Islam.

(To be continued tomorrow ...)

Soul Sustenance

The Significance Of The Power Of Thought In Meditation

Meditation is not a process of emptying the mind of thought. **In meditation I use the natural power of the soul – the power to create thoughts, as a take-off point (or as a spring-board) to finally experience the consciousness of the true self. In meditation, I climb a ladder of well-prepared, positive and spiritual thoughts and eventually climb beyond the ladder into the pure experience of what I really am.** Pondering over these pure and real thoughts can occupy the soul for long periods of time.

In the most basic stage of Rajyoga meditation, first comes the realization: I am a soul, the energy of consciousness made up of a mind, an intellect and a collection of *sanskars*. My eyes, ears, nose, mouth are just the organs, which when used correctly, help me, the soul, enjoy life. I now possess the knowledge that will free me from my cage. I have the key, spiritual knowledge is the key - I am a soul, a being of light, 'a bird' which has the power to fly freely. Knowing this, I am not bound by physical laws. I can detach and fly at the speed of a thought, to the soul world, where I can easily experience my original state. I must realize that it is impossible to have 'peace of mind' if I cannot detach from the body. I must look upon all my family members, friends, colleagues, also as souls which have come from the soul world. We are all fellow souls.

Message for the day

To have hope means to have a chance for success.

Projection: When we encounter failures, we sometimes get so disheartened that we lose hope in both the situations and in ourselves. Instead of seeing the obstacle that comes our way as a turn, we see it as an end and give up trying. So we lose out on our chance for success.

Solution: Even when things don't seem to be working out right, we must never leave hope. To leave hope means to rule out our chance for success. When we have hope we will keep thinking of new ways for success. We will then surely get cooperation from somewhere or the other and we will be successful.

Co-operation

When each one is working towards a common task, cooperation becomes easy.

To get others' cooperation you need to share the task and the information regarding the task with others. When you communicate your motives using easy and simple language, everyone can understand and feel a part of the whole and they would naturally contribute their best. Any new task that you take up make sure you inform all the details to everyone related to the task. Even the minutest details when communicated to others, helps in creating a priority in them to give their best to the task.