

## Thought for Today

09.10.2017

The soul has three faculties (energies): the mind through which we create thoughts, the intellect with which we understand, judge and decide, and the sanskaras, which are impressions in the form of memories, personality characteristics and habits. All three work together: the mind is influenced by both external and internal factors, which can be either positive or negative. The intellect has to understand, judge and decide what something means and then act. If the intellect is unclear or confused, then understanding and decisions are faulty and, consequently, actions and behaviour result in a lot of negativity, both for the self and others.

Throughout history, teachers have come to give spiritual knowledge, through which they attempt to awaken people's consciousness in order to make relationships, attitudes, thoughts and actions more positive and loving. For this to happen, there has to be a 'click' in the intellect, that is, a realization and willingness to change old habits and negative personality characteristics and to become better ethically and spiritually.

Change is the result of the third eye (intellect) opening.

---

## Experiencing Freedom From The Subtle Burden Of Pending Conversations (cont.)

We must create the necessary space to share pending matters, messages, ideas and feelings with our loved ones in a safe atmosphere, protected from violence and full of respect. In that

atmosphere, we can express ourselves, share and love. We have to create the atmosphere ourselves. It is our responsibility to make the other understand that there is something important that we have to tell them.

In order to live in freedom we have to be aware of all the burdens that we have pending from the past, what things we have to fix, solve, clear up and communicate, and free ourselves from all of them.

To start with, make a list of all the pending conversations that you have. Give yourself a date that is soon and realistic in order to have these conversations. Make them happen. Don't put them off any more.

Don't allow your mind to keep on making excuses. Imagine that today is your last day. What is it that you have to say, communicate, and/or clarify and with who? Do it soon. Today might be your last day or the last day of the person with whom you have a pending conversation.

Living without pending conversations keeps the path clear, your conscience clear, your heart at peace and your mind light.

---

### Message for the day

To be merciful means to transform the pain and sorrow of others.

#### Projection:

The one who is merciful always has the feeling of mercy and is able to help those who are in need or in distress. Such a person is able to bring about transformation in others too because of his

own pure feelings. He is able to put in effort that becomes a contribution for the progress of others.

**Solution:**

When I have mercy for others, I am able to accept their feelings, emotions and behaviour and provide them with the right kind of mental support. Then I am able to give them courage without being influenced negatively with their feelings of pain and sorrow. So my mercy influences myself positively too as I am able to keep myself positive under all circumstances.

---