

Today's Thoughts: March 11, 2019: Patience



Mount Fuji, Japan

Patience

Patience teaches you not to push, but rather to wait and appreciate the game of life, knowing that nothing remains the same and everything will change at some point.

Respect

Love is the strength that gives you life. When you receive love you lose fear and you can give the best in you. The practical form of love is respect. Respect means acceptance of the fact that we are all different and unique and at the same time, we all have something important and valuable to share.

Creating Positive Circumstances

Why do we find it so hard to create positive circumstances, a positive future in our life? One reason is we all have the tendency to spend most of our time in the past, reliving and replaying our memories. Look back on your average day and you may find that more than 3/4ths of your time is spent in the past (a lot of times without you realizing it). Not only do we try to relive the past, but we also attempt to change it! We attempt the impossible and, in so doing, **we live in very small cycles where tomorrow tends to turn out similar to yesterday, and then we wonder why we do not have the power to change our lives. It feels like we do not have the will-power, we do not have the ability to change the circumstances in our lives, our destiny.**

The past cannot be relived; it cannot be changed. The past is like a cupboard of old files. When you arrive at work every day, do you step into such a cupboard and spend the day there? The past is a great resource for learning and sometimes, a resource for useful information, but it is not a place to live. We can build on the old, but we cannot rewrite it. **The future is the result of what we think, feel and do today. If today is the same as yesterday (because of constantly thinking about yesterday) then tomorrow will look and feel like yesterday and in this way we feel we are stuck in a web and we get frustrated.** We need to let go of the past if we want the future to shape up positively, different from yesterday, which is negative at times! The past is past. Drop it and keep dropping it.

Soul Sustenance

The Invisible Factor

The most powerful things are invisible. For example, the roots of a tree cannot be seen; they are underground silently nourishing the visible tree. A house is supported by its foundation deep within the earth. If the foundation is weak the building will fall when there is some kind of strong pressure, like an earthquake. The essence of matter is the atom; it holds a tremendous amount of energy but cannot be seen by the eyes.

Can we see the Supreme Being (God)? You will never meet someone who has seen Him. People have experienced, or felt God's presence but no one has actually seen a personal form, yet millions believe in such a Being! In the same way, when it comes to knowing the true self, we ask, 'What does the soul look like? Where is it situated?'

Spirituality leads us to the answers related to the invisible i.e. answers to what is the form, location and virtues of the soul as well as the Supreme Soul.

Message for the day

To use the gift that one has is to be powerful.

Expression: Each one has surely been bestowed with a special gift, a gift that is unique to each one. The one who recognizes this fact is able to use it for the purpose of bringing benefit to one and all. Under all circumstances there is the ability to bring out the best from within the self. So there is the influence of that on all around and everyone is benefited.

Experience: When I recognize my own uniqueness, I am able to remain free from comparison and competition. I am able to be in the state of self-respect of knowing who I am. This then keeps me content and peaceful. Along with this, I have a lot of enthusiasm to use this special gift of mine. So there is a constant experience of contentment along with progress.