

Today's Thoughts: July 29, 2019: Sweetness of Introversion



Hawaii

### **Sweetness of Introversion**

Instead of speaking too much and wasting your energy, become experienced in the sweetness of introversion.

## Word Power

There's a powerful connection between the words we use and the results we get.

Poor chosen words can kill enthusiasm. Well chosen words can motivate, offer hope and consequently alter results.

To enhance and empower others, harness your word power to work for you, not against you!

## Topics For Meditation Thought Commentaries (cont.)

Here are a few thoughts or themes for meditation to help you:

\* I am a point of pure spiritual energy, a point of pure light, situated at the center of the forehead. While the world around me is always changing, various different scenes come and go in my life, while even thoughts, feelings, emotions come and go, I the soul remain here at the centre of everything, at the centre of even myself, stationary, unchanging and totally stable. In this inner space of stillness, I experience pure peace and silence.

Repeat as well as expand the thoughts explained over the last couple of days gently to yourself, experience them deeply, allowing them to take root in your mind while enjoying the beautiful feelings of detachment they bring. This will help you reconnect with your spiritual center with ease. Remember, the final aim of meditation is to go beyond **thoughts** into the actual **experience**. **Thoughts** are the steps which take you to your final destination of **experience**. The stage of **experience** is one which does not contain any thoughts. But you cannot make this happen forcefully. Use the thoughts to gently guide you there. They will slowly dissolve on their own and, when the time is right, instead of thinking about peace you will feel peace and reside (stay) in peace - the peace which always resides (stays) within you.

## **Soul Sustenance**

### **How Our Thoughts Shape Our Personality And Actions**

With your thoughts and feelings you create and perceive the world that surrounds you. According to what your thoughts are, thus will be your feelings and emotions, your attitude and your actions. This process usually happens rapidly, and you are not usually aware that it is taking place. As this process repeats itself often, it is easy for a set of habits to be created.

The effort lies in slowing down this process in the mind, as if you were watching television in slow motion. On the screen of your consciousness you can use meditation as a method to slow down this process and be aware of what you are feeling and thinking, how you are acting and being aware of the result that you obtain. It is important to learn to transform (change) and to avoid, that is, to not create unnecessary thoughts in order to be more centered and energized, and to have more clarity in order to take the right decisions.

Positive thoughts heal and strengthen the mind. A healthy mind and thought pattern is the basis of a balanced personality finally.

Let us learn to create thoughts of greater quality. They arise out of a wider vision of spirituality. In this way, thanks to those positive thoughts, full of peace, harmony and creativity, the mind will clean itself, and the memory of our innate qualities will be activated once more, replacing, in a natural way, the old habits and negative tendencies.

## Message for the day

**The index of change is to have better relationship with others.**

**Projection:** Change or progress for me is usually success in terms of money, status, or name. But usually this does not give an accurate index of the change that is taking place within me.

**Solution:** Real change can be measured with the quality of my interaction with others. The more I progress, the more I find my relationship with others getting better. Others will also be happy with my progress and me