

Today's Thoughts: August 02, 2019: Thinking too much



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### **Thinking too much**

The biggest disease of the mind is over-thinking, especially too much thinking about others. Thinking too much is like eating too much. The heaviness makes it impossible to remain light and flexible.

## **Ending The Day In The Presence Of God (cont.)**

Inspite of the fact that the Supreme Soul already knows whatever I have done right through the day on a physical as well as on a non-physical level; there is immense benefit in meditating for a few minutes, before going to bed at night. **It is wise that before I sleep, I have a face-to-face meeting with the Supreme and I become a child, become humble, and put my entire day with obedience, transparency, loyalty and love; before the Supreme.** In this stage of transparency, I definitely receive a response from God, which may be in the form of a thought vibration immediately or as soon as I get up from sleep or through some other medium the next day, when I read something positive the next morning or may be in the form of a loved one at home or even a friend or colleague at office, who may become instruments used by the Supreme to communicate with me. **The Supreme Being has His ways of responding to your act of honesty and love of sharing the day's happenings with Him.**

**He is the Ocean of Truth and His response will be one which is filled with the light of truth or wisdom which I make use of, to illuminate the path or road of my life.** Using this light, I'll find I am helped to see clearly where there has been progress, and where I failed, with accurate judgment, so that I learn. God, the Supreme Companion or Friend or Beloved is with me, wanting to lead me to my destination of perfection. I want to fulfill my side of the relationship with Him, so His light will help me recognize where I must change, and what I must do to make corrections to any damage for which I have been responsible. Where my actions have been positive and right, the subtle blessings of 'well done child' that I receive from Him, will make me aware that the strength behind these actions came from my relationship with the Him - He is permanently and was my back-bone right through the day. Then there will be neither worry (due to mistakes committed by me) nor laziness or complacency (due to positive actions done by me), but only love and contentment in my dreams. If I do not surrender the day's happenings to Him in this way, although He loves me and is concerned for me, He might and will most probably remain detached and not guide me in any way.

## Soul Sustenance

### Communication (Part 1)

A great deal of our communication is non-verbal and we rarely realize the effect that it has on others. Our tone of voice, our body language (particularly our eyes and face), our attitudes and our feelings, are constantly in communication with others, expressing anger, fear, love, trust, rejection - in fact, all our feelings and emotions. We cannot hide what we mean; we may do so for a while, but finally the truth emerges.

Communication is not just with others, but also with the self, with the Supreme Being and even nature. Being still, focused and open enables us to tune in to others so that we can respond in an appropriate and meaningful way, not simply in a mechanical way.

Here are some **common reasons for blocks to communication**:

- \* **Too many thoughts, and an overload of words and actions**, results in us being unable to think clearly. We lose the essence of what is trying to be conveyed (transmitted) by the other.
- \* **Being lost in our own feelings or ideas**. In such a state we do not listen attentively to others.
- \* **Remembering the past in a negative way**. This does not allow us to tune in properly to our present and future. When we do not communicate properly with the needs of the present time, we lose opportunities.

(To be continued tomorrow....)

## Message for the day

### The art of right decision making lies in thinking less.

**Projection:** When I am faced with a difficult situation, I naturally begin to think a lot. I tend to feel that the more I think, the more choices I have and the better the decision I will be able to take. But such thinking only creates more and more waste thoughts.

**Solution:** I need to make the effort of thinking less about the problem. Even a few moments of internal silence helps me develop my intuition and the right decision is made from within; because silence brings solutions.

### To empower words with good wishes is to ensure corrections are effective.

It is more important to have good wishes for a person than just having the right choice of words. Good wishes become a base on which, whatever I speak is taken positively. There is benefit in what I speak and the person receiving it will surely take it in the right spirit. Today I will check my words and see with what intention I am saying them. If my intention is to only point out something that is wrong, I will not be able to create an impact. On the other hand, if I make sure that whatever I say is for the benefit of the person, then there will be power in my words.