

Today's Thoughts: August 10, 2019: Have Faith



World's most dangerous and beautiful road, Shimla to Manali, Himachal Pradesh , India

## Have Faith

Have the faith that, despite appearances, people are doing the best they can.

## **Overcoming Fears Connected With Negative Past Experiences** **(cont.)**

The work with oneself to see what aspects of your past burden you and coming to terms with those aspects, requires silence, reflection and meditation. When you come to terms with your own past, you can let go of it and be free of it, not be afraid that the past will come back to you. If not, sometimes, it is like a shadow that follows you. If your house was robbed once, the shadow follows you that, perhaps, you might be robbed again. If they hurt you, you fear it will happen again. Sometimes that experience presents itself in dreams, in the subconscious or in present attitudes. Reliving the past in your mind, you do not fully enjoy the present. **You have to accept the pieces of your past so that they do not continue to generate upsets.** Accept that you had to live through them and live the present with a constructive vision of the future.

In the above context, **it helps to write letters to God about your experiences. The exercise of sharing them with God in writing brings clarity inside you and helps you to bring the spiritual light and might in your life in order not to be burdened by unnecessary experiences, unhappiness or grief.** Have you ever written to God? You could do it at night and tell Him the things that affected you or that you have learned. You can tell Him the things or intimate feelings that other people perhaps wouldn't understand or wouldn't be there to listen to. You could also talk to Him about all that you question, and you do not have an answer to. And the following morning, when you meditate and study a little bit of spiritual knowledge, you often receive answers.

## Soul Sustenance

### Understanding The Birth-Life-Death-Rebirth Cycle (Part 1)

The realization of the self as a soul, an eternal (always existing) energy, naturally leads to the following questions:

- Where is the soul before it comes into a physical body?
- Where does the soul go after it leaves it?
- What is the purpose of the world drama?

These are questions that deeply concern human beings, yet until now there isn't 100% conclusive proof of life after death.

The images of "fires of hell" and a heavenly world beyond the clouds are talked about in the world's religions. Yet to the rational and logical minded, the states of living forever tortured in holes of fire (hell) or on the other hand relaxing in complete happiness in a fairy-tale kingdom (heaven), seem far away from the reality of the present.

Most accept that there is some order to the world creation, but viewing our drama through spectacles of body-consciousness it is impossible to see it, as the soul is imprisoned by bodily needs and sensual desires. In body-consciousness the soul is unable to see anything clearly. Only when we are at the point of death does one think about life after death. At funerals, everyone faces the new absence of a loved person, the departure of the personality and the temporary nature of the physical body. Everyone wishes that the person who has died will go to heaven and not to hell.

(To be continued tomorrow ....)

## Message for the day

**To be successful I need to have the balance between the head and the heart.**

**Projection:** In my interactions with others, I sometimes only use my head, i.e., my logic. I am very logical and understand the facts very clearly. But if I keep myself limited only to the facts, I tend to forget to use my heart. I then am not available to the other person and fail to understand him.

**Solution:** In order to be successful in my interactions with others I need to have the right balance between my head and my heart. I need to see beyond what the facts say and try to listen and understand the other person too. When I do this I will not hurt people with my attitude but will be able to maintain harmonious relationships.

## Believe in Yourself

Everyone talks to themselves. At times it's a conversation that runs continuously in the background of our mind.

So, don't allow negative self talk to creep in and sap your confidence. Increase your self worth by choosing to talk to yourself with complete respect. No criticism or judgement allowed!

Give yourself credit for everything you try to do. And when you catch yourself expecting perfection, remind yourself that you are doing your best.

Just believe in yourself and remember that you're worth it!