

Today's Thoughts: August 16, 2019: Winners



## **Winners**

Winners make big things happen a little bit at a time.

**To celebrate is to bring about a positive change.**

Celebrations usually last for a day, but true celebration is to sustain the feeling and experience for a long time. When I understand and recognise the spirit of the celebration, I will be able to carry it forward into the days to come. Thus celebrations create a positive impact in my life. Today I will celebrate something that I have in my life. It could be the happiness of having the gift of certain relationships and exchange of values through them, or of having some special quality in me. Let me today experience and celebrate this gift and sustain it through the day. This is true celebration which will create a change for days to come.

### **The Four Phases Or Ages Of Humanity - Part 6**

When we see and realize the significance of this current Age, the fifth Age or the **Confluence Age (Sangamyug)**, we also find greater clarity in our life's purpose. It becomes obvious that the world will not become a better place through more resistance or conflict; this only adds to the sum of fear and anger in the world. To fight for peace is a false belief which has taken over the human mind. To think that peace comes from conflict, or that conflict is necessary to achieve peace, is to think right comes from wrong. Deep change is an incognito process (process which cannot be seen) within individual souls. Through meditation or yoga (union), we awaken and restore our true, peaceful selves; we absorb the light of truth and love from the Supreme and we are spiritually empowered. This we can then share with others. As we radiate our spiritual energy and reflect the light of God into the world in gentle and humble ways, the effects of our self-change reach out to other souls as an invitation to do the same.

The nagging questions which must enter most minds at least once in a lifetime (such as \* Why me?, \* Why here? and \* Why now?) are answered - our highest purpose is to help others know themselves as they truly are i.e. souls and to help in reconnecting them to the Supreme. This is why simply sitting in meditation, generating and radiating vibrations which are peaceful and loving, can help to heal others and the world itself. That is our primary responsibility at the Confluence Age. When we take up this responsibility we assist the Supreme in his task at the Confluence Age, i.e. bringing about the Golden Age.

## Soul Sustenance

### Radiating Love To The Universe

I sit in a comfortable position... I relax my body...I breathe deeply and let go of tensions...

I centre myself in the present moment... I concentrate my mind... I enter into the space of inner silence... The thoughts diminish and my mind relaxes fully... Now experience the following thoughts:

I am a non-physical being of light, full of love, centered on the forehead... I am a river flowing with love... my source is the Supreme Ocean Of Love, God; whose child I am... I experience myself sitting under his canopy of the light of love...

I love each part of my physical body which is my vehicle. I relax it... I love each thought that I create, it is my creation... I generate gentle thoughts, tender, relaxing... I feel the energy of love that radiates from within me towards the universe... I, the soul give off love towards what surrounds me...

I give off love towards other souls... I look at everyone with the consciousness that each one, whatever their temporary nature may be, their innate nature is love... I give my spiritual assistance, my good wishes to them, so that they return back to their original, basic nature, which is love... I give off love towards each molecule of the five elements of nature – earth, wind, water, fire and sky and the planet as a whole. I am love... I channel this love towards everything I think, feel, do and transmit...

By performing the above meditation and sharing my unlimited treasure of love, I assist the Supreme Father, through my thoughts, in his task of creating a world full of love, where all souls and the nature co-exist in a loveful and peaceful manner...

## Message for the day

**To serve with the heart, with love is to guarantee success.**

**Projection:** When I have to be of help to others, I sometimes find myself doing it with force. I don't seem to be really interested in doing it but situations or people seem to be forcing me to do it. I then don't enjoy what I do and also don't find the benefit of it either to others or to myself.

**Solution:** I need to consciously make an effort to see what people are benefitting when I am helping them. With this conscious effort I am able to help others with love without feeling the heaviness of what I have to do. Thus I find my actions to be much more fruitful.