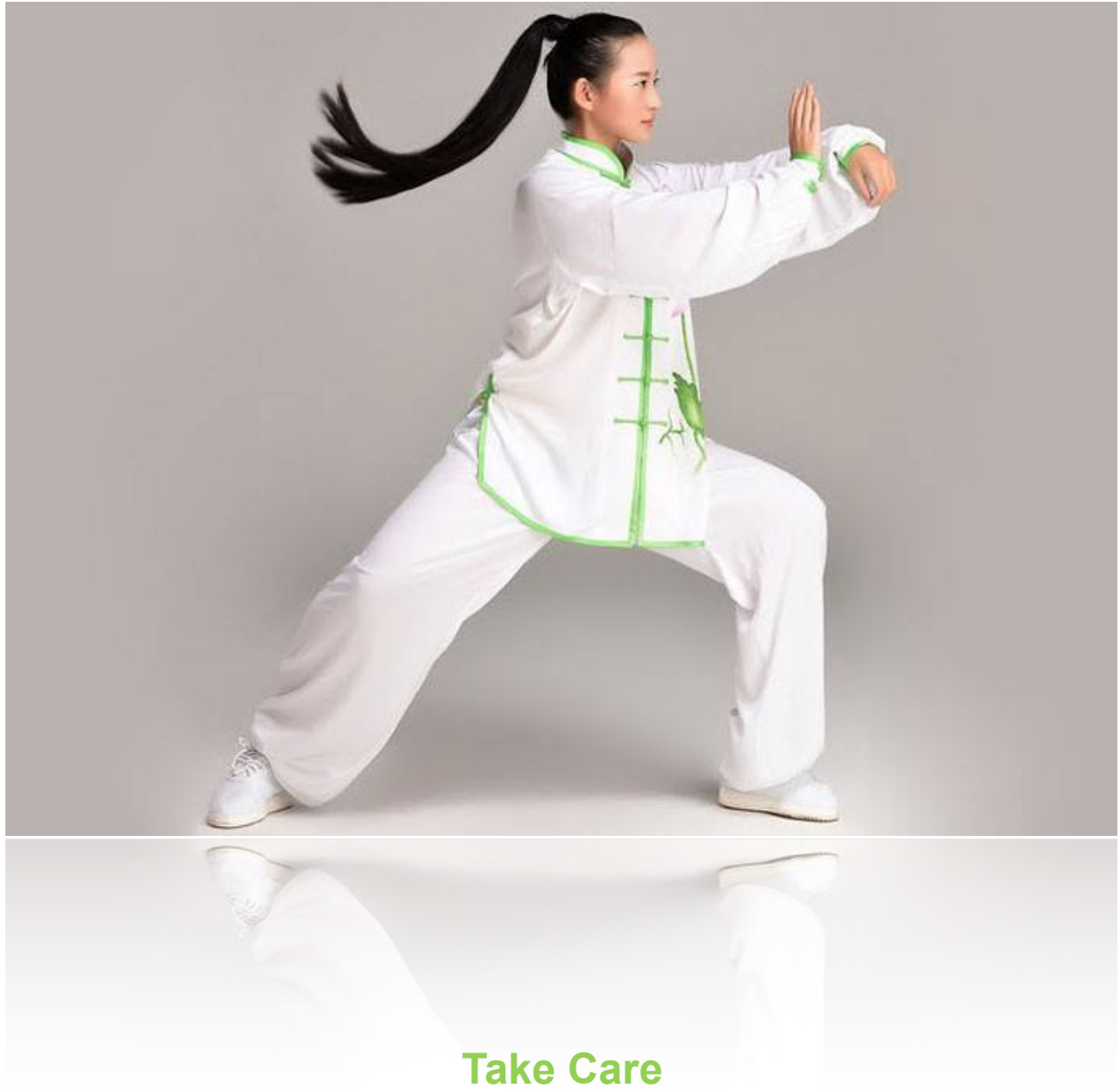


Today's Thoughts: August 18, 2019: Take Care



## Take Care

Take care of yourself with understanding and love, and make sure that you never compromise your own spiritual growth.

## **To understand the value of tasks is to get cooperation.**

It is important to value tasks that need to be done. If I don't have value for what I am doing, others will not too. So there would be minimum or no contribution from others. I need to recognize the true worth of what I am doing. Then, there would be a clear understanding of the significance and the difference I would be making in others' lives through the task. Today I will start each new task with a thought in mind that I am grateful to get to do this task. This is something that is an opportunity for me to express my skills and abilities. This thought will make me do the task in a special way and others are able to get benefit from it too.

## **A Powerful Consciousness Of Faith In Critical Situations (cont.)**

Having accepted the reality that negative situations in our mind, body, wealth or relationships will arise in our life from time to time (explained yesterday), a question arises what kind of consciousness do I keep in these kind of situations and how do I ensure that the situation does not overpower my consciousness. Because **only a powerful consciousness of faith or victory will keep me protected from the negative emotional (internal) and physical (external) influence of these problems but will also become the most important influencing factor which will help me in overcoming the problem and going towards the solution or attracting it towards me**, sometimes immediately and sometimes slowly, but steadily, without losing my inner stability during the period that I wait for the solution to arise.

What is a powerful consciousness of faith when faced with a negative situation? **"No negative scene or situation of any type in my life lasts forever and this scene shall also pass and I shall emerge victorious over it using the power of thought, the power of positivity, the power of spiritual knowledge, the power of meditation. Victory is my birthright and it is dead certain."** This is in short a powerful consciousness of faith.

In tomorrow's message, we shall explain what is preventing us from keeping this consciousness of faith and how we can maintain it in critical situations.

## Soul Sustenance

### The Power To Transform Emotions (Part 2)

**Thoughts** may be temporary. **Feelings** (either positive or negative), accompanying repeated thought-patterns, stay a bit longer inside us. But when a soul suffers a major setback, loss or failure in life that it is not able to deal with, it becomes **emotionally** damaged and the results of that can be extreme.

Suppose I lose a loved one all of a sudden. If the feelings that come to me because of this loss can be taken care of at that time, through any means like the remembrance of God, meditation, developing a positive hobby to divert my mind, spending more time in the positive company of other family members, etc.; I will deal with the feelings and move on. If however, I am unable to deal with my feelings through any of the means mentioned, the experience of loss I feel is going to cause a lot of deep damage on the emotional level. Then it will not just be a feeling of loss, but it will actually have wounded the soul emotionally. Until that wound has healed, I'll carry it with me long after the loss has suffered. The emotions linked to it will come to the surface repeatedly, though I may have no idea where my sorrow is coming from. Due to the emotional wound, I'll be unable to stay happy, no matter how positive my circumstances may be today.

Meditation does not require me to go into the subconscious roots of my pain. Instead, through thought, **meditation enables me to take conscious control of my feelings and emotions, so as to displace the negative, which brings sorrow; with positive, which brings happiness.** It helps me experience pure, powerful emotions and loveful feelings to such an extent that the wounds left by past experiences are healed. **Raja Yoga** means 'royal union' - it means having a loveful relationship with God. The experience of God's love is a soothing balm for my emotions, and a remedy for the emotional pain the soul feels.

## Message for the day

**All desires end when there is the one desire to experience progress.**

**Projection:** It is believed normally that in order to progress one needs to have desires. But desires are not always fulfilled and unhappiness is experienced because of it. Then I am not able to appreciate whatever comes my way.

**Solution:** I need to replace all my desires with one desire, i.e., the desire to experience progress. With this thought, I will be able to make the best use of what I get in the right way. When I move forward in this way making the best use of everything I will be able to experience constant progress.