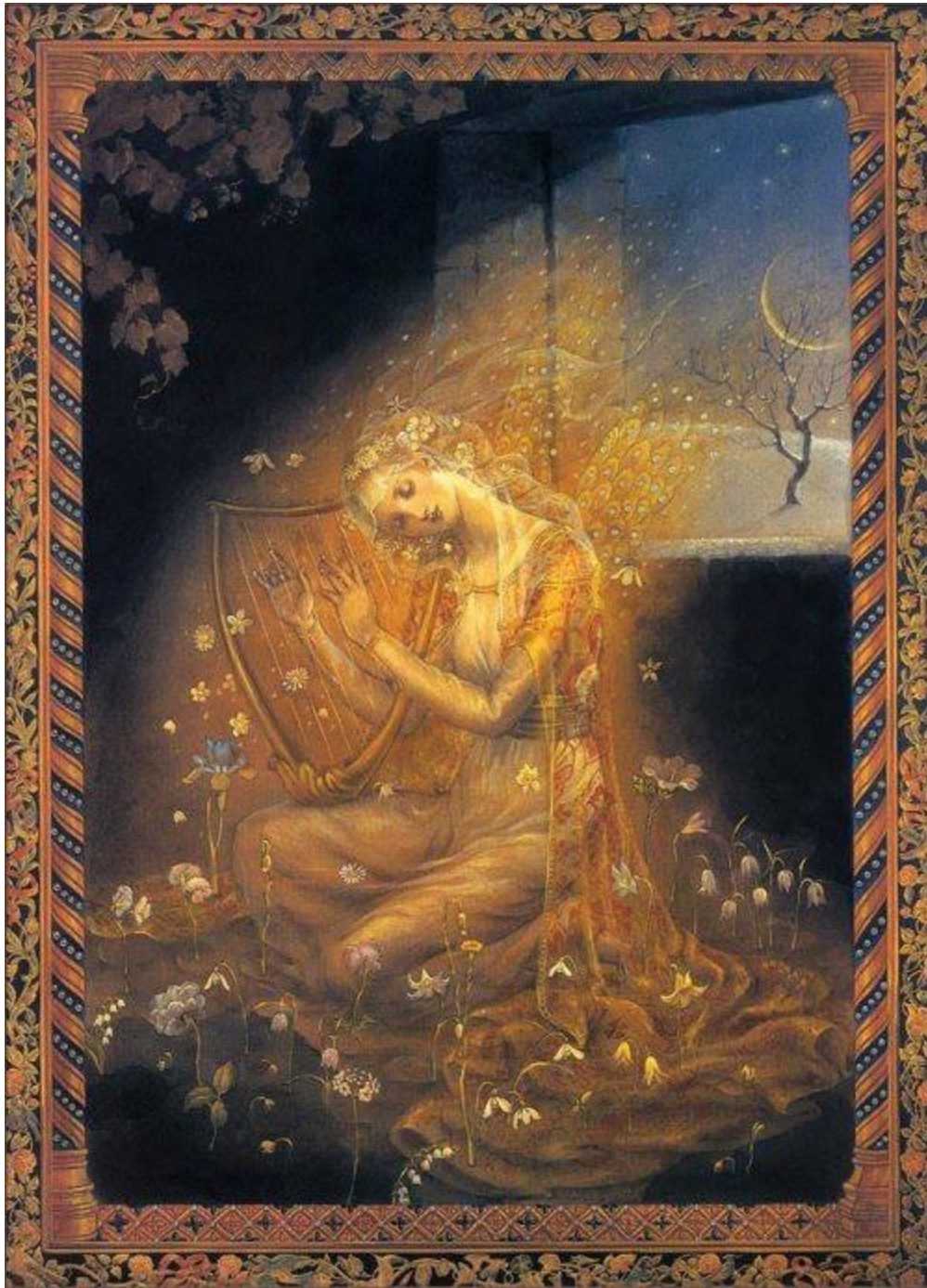


Today's Thoughts: August 28, 2019: Excellence



Artist- Kinuko Y. Craft

Excellence

With the aim of excellence, I bring beauty and quality into each word and action.

Essence of Beauty

"Wow...that's beautiful!" Is either a cry or a thought when faced with the mountain sunset, a spectacular view or a well formed man or woman. But where is the beauty, where is the appreciation of beauty, where is the ability to discern beauty? It is within our own consciousness. For the essence of who and what we are is beauty itself. The essence of beauty is not found in the body, a face or a mountain - they only stir the essence of beauty within our own spirit. And that beauty is not only something we taste within ourselves, but it emerges in our character as virtue, and in our life as care. For what is virtue, but love in action. The next time you say, "That's beautiful!" know that you speak of yourself, and it is you who are beautiful. Always were, always will be.

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The Presence Of The Supreme Soul Or God (cont.)

If the Supreme Soul (God) were omnipresent there would be no need for knowledge and no need to search for peace. The One who is the ocean of peace and the ocean of knowledge would be everywhere. Perhaps the strongest point against the idea of literal omnipresence is the point of relationship. In the heart of every soul - there is a distinct memory - I am the child, God is my Father. If God is omnipresent, does that mean that the Father is present inside the child?

God is also the supreme teacher, guide, liberator, friend and purifier of human souls. That is why everyone turns their thoughts to Him in their hours of sorrow. The idea that God is omnipresent is indeed the ultimate excuse and greatest escape from responsibility of the mistakes that human souls have made and continue to make. After all, if God were omnipresent (present in everyone) He would be responsible for good as well as evil *karmas* that humans commit. An omnipresent God implies that we have nothing to complete in ourselves for we are already God. Am I really God? One could not seriously admit to such a claim. It is only through deep and concentrated meditation that one can enter the spiritual dimension where His presence is truly felt.

Soul Sustenance

The Five Powers of a Focused Mind

The **power of perception (understanding)** allows us to see into things and truly understand them, with neither complication nor confusion.

The **power of mindfulness**, by which we absorb ourselves into any action or thought without interference or complication, further energizes us by allowing the power of our mind to become concentrated, freeing us from frustration, stress and anger.

The **power of injection** can permit us to energize others with our own positivity. As we help them to feel positive, good energy bounces back towards us to maintain the positive cycle.

The **power of choice** requires us to differentiate right from wrong, good from bad. Having done so, we can select our choice, and at every moment choose to be positive.

The **power of inner energy** can guide us into new things, encourage us to change where we feel uncomfortable with ourselves and help us to enjoy life completely.

Message for the day

The one who is free from expectations is the one who is constantly cheerful.

Projection: Usually I am quick to perceive my own desires and I do realize that desires give sorrow. So I make effort to overcome them. But most often I am not able to recognize my own expectations that I have from people which destroy my own cheer. My expectations from others prevent me from bringing about a positive change in myself.

Solution: I need to recognize that each and every individual is unique with his own unique specialities and values. When I recognize this uniqueness I will not expect people to behave according to what I feel is right but will respect them for what they are. Thus I'll be able to be constantly cheerful.