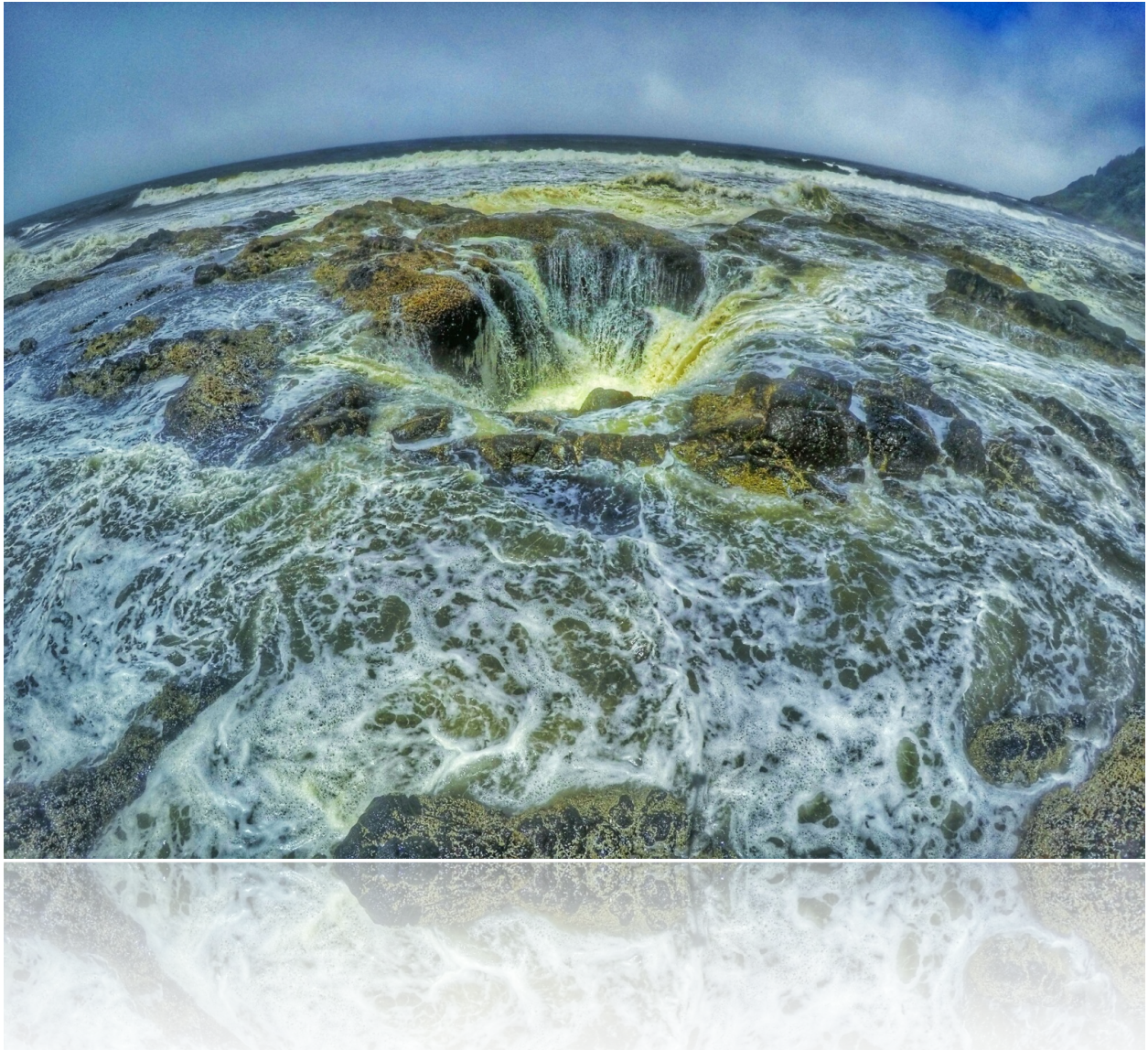


Today's Thoughts: December 16, 2019: Are your words and actions ALIGNED?



Thor's Well is located in Cape Perpetua that hugs the stunning coast 2 miles south of Yachats, Oregon.

## **Are your words and actions ALIGNED?**

The gap between what you SAY and what you DO, between what you PROMISE and what you DELIVER acts like a drain in the road. A drain, where your power seeps away, due to the difference between your words and your actions.

Are your words and actions ALIGNED?

## Keeping The Watchman Of Attention Alert

All the religions and spiritual groups place a lot of importance on the virtue of **discipline**. Without discipline you do not manage to transform negative habits and you do not create a new state of awareness where the self is nourished through the experience of spirituality. Every day you eat, you brush your teeth, bathe, drink water and breathe, and all of this you do not consider a discipline; you have adopted them as something natural in order for your body to continue working. On a spiritual level you also need to nourish yourself and to have a discipline that, with practice, a time comes when it becomes natural because you incorporate it into your life. **In the process of change you need to discipline yourself in order not to let old habits come to the forefront.** Until you have *burnt* them and they have *died*, you should keep the **watchman of attention** alert in order to maintain your self-control, given that each time you use a negative habit in action, you strengthen it. When you do not use it, you allow it to die.

The path of the spiritual traveler is therefore one of waking (awareness of self as soul) and sleeping (under the illusion that we are our body), waking and sleeping. We tend to fluctuate between the two (like dawn and dusk) until we find stability in soul-consciousness. This is why it is important to awaken and stay awake, and why it's important to give our mind and intellect good **spiritual food (knowledge)** and **exercise (meditation)** every day to keep them fresh and alert. Being conscious of the soul, acting from that consciousness, the scars (habits and tendencies) left by past actions based on illusions of bodily awareness are healed. Discipline is necessary for growth and personal transformation if you want to obtain satisfying and permanent results. If not, the old habits continue to rule in your life. **The evidence that our discipline in the practice of meditation is working is mental lightness and an increasing easiness in our interactions with others.**

## Soul Sustenance

### What Are Some Of The Benefits Of Positive Thinking On The Body?

- You feel more relaxed physically.
- You feel more active with more energy.
- Your breathing improves, being slower and deeper.
- Your immunological system (immunity) is strengthened and your digestive system improves.
- The nervous system is strengthened.
- Your mind is balanced and in harmony and your health improves.
- Your energy flows better and you feel more active.

## Message for the day

**Be free from desire and you'll be free from anger too.**

**Checking:** When the ideas that you have offered are being rejected, check what kind of feelings you are having. Is there any irritation or anger? Where there is either of these it indicates that there is a desire for what you have said to be fulfilled.

**Practice:** When you are giving your ideas, just tell yourself that your idea is just for the good of all, if it is accepted by all it's good. Even if it isn't it is nothing to get upset about. When there is no consciousness of 'it has to happen', you'll find yourself free from anger.

## **To have desire for something good is to finish unnecessary desires.**

When there is a desire for something good and elevated, all other desires get merged in that one desire. I start seeing opportunities to fulfill that desire. Since it is a good desire, there is benefit for everyone involved, including me. For example, just one desire of achieving something good and beneficial makes me forget everything else and work towards that. Today I will create a thought of what I want to achieve. I will then work towards it. I will also remind myself of this from time to time, so that I do not forget it. This will ensure that all my energy flows into it. All other waste, then finishes.