

Today's Thoughts: March 25, 2020: Give Blessings



Give Blessings

We are all blessed with life and all the opportunities it brings, though most of us forget to notice. But we also have blessings to give. In fact, the opportunity to give our blessings may be the greatest blessing of all. By bestowing our good wishes, encouraging, empowering others, we bless. And when we do, they return a thousand-fold. Bless and be blessed.

Dancing To God's Flute Tune (Part 1)

Discovering a spiritual universe where God is a constant companion and all relationships are with this highest entity, who is the pole star of this universe, brings to the soul-star, that is me, a new dimension of learning when God himself comes down from his throne (not a physical one) in the soul world, everyday, to share with His angelic children (who take up the role of spiritual students); the tune of the flute of knowledge, to rescue his long lost but now found beloveds, and give them a new breath of life. These soul-students are the ones who have over many different births called out to God in different physical costumes or bodies, different names, forms, genders, roles and life situations and dreamt of an ideal heavenly existence, where God not only gives His supreme company in the form of a canopy of remembrance or meditation or a link between us and Him but also opens one of His most important characteristics of being an Ocean of Knowledge and makes us the rivers of knowledge who are connected to this source.

This role of God, the knowledge-giver, has been remembered in the complete physical world in the form of one of the most famous scriptures in the world – the *Bhagavad Gita*. The only difference is that in the *Gita*, mistakenly God has been shown as one with a physical form but in reality this physical form of God shown in the *Gita* as *Krishna* is a remembrance of the old world physical costume or physical old chariot or physical body which God enters, to impart His knowledge at the time of extreme irreligiousness or impurity in the world, when the misuse of lust by humans is prevalent in the world. God has been accepted by all world religions as an incorporeal being of spiritual light and might and his point of light form has been worshipped in various traditions in different ways but His act of divine sustenance in the form of a knowledge-giver has remained incognito except in Indian traditions where God is not only remembered as the Father but also as a Mother, in many hymns of worship, due to this act.

(To be continued tomorrow ...)

Soul Sustenance

Meditation For Experiencing Soul Consciousness

Read over the following words slowly and silently. Using the power of visualization, aim to experience them in your mind:

I withdraw my attention away from the physical limbs and sense organs.....

I focus on myself.....

I am listening through these ears.....

I am looking through these eyes.....

This instrument of mine, the physical body, is a precious vehicle.....
a valuable instrument, a medium.....

But, that which is more valuable and more precious is the being (soul) making this instrument function.....

Within this assembly of bones and muscles and amazing organs is a being of light.....

In the centre of the forehead is a point of light

I am this being of light.....

I the being of light express myself through this body.....

But the body is not I.....

I am light.....

I spread rays of peace in all directions.....

I become aware of the power within this point of light.....

Within I the being of light is everything that I am and everything that I have.....

Within my own being are my qualities, my powers, my talents.....

In the awareness of who I am I radiate this light within.....

and in the awareness of this inner light.....

I hold my head held high in self-respect.....

Message for the day

Humility enables one to serve others.

Expression: The one who is humble is the one who is complete and full. So just like a tree which is laden with fruit, bowing down and offering all it has humbly, the one who is full is ready for service. He is available for others to take benefit from whatever resources are there with him. This humility earns respect from others and gives happiness to all.

Experience: When I am able to bow down with the awareness of what I have, I am fully in the stage of my self-respect. The more I am able to bow, the more others also bow down with regard to me and respect my fortune. This enables me to be a giver to those around me and experience contentment - constantly.

To be a trustee of God is to use all treasures well.

When I understand that all that is mine is truly God's, I can use all that I have sensibly. I would not want to waste anything that I have - not my money, resources, thoughts or words and actions. I would use all that I have sensibly as an instrument of God. I would also be detached, whilst doing everything. Today I will take up one resource I have, for example, the resource of thoughts. I will remind myself throughout the day that I am a trustee and God has given me these so that I can look after it well and use them for the good of myself or others. When I do this, I will not let negative or waste thoughts to come in. I will only have those thoughts that are useful. So, each day I can keep check on any of the other resources that I have.