

Today's Thoughts: March 14, 2020: Identify Yourself



Identify Yourself

So who are you? Or what are you? Are you what you do - as defined by your job title? Are you where you come from, as defined by your nationality? If you were born in a stable does that make you a horse? Are you what people call you - as defined by your name? Are you what you believe - as defined by what you call your faith? If none of these things are what you are, what are you? Who are you? There's nothing left. So what shall we call you? Nothing? No thing is better. But then what? Awareness? Consciousness? Soul? Spirit? Or are these just more labels? But can you go beyond the label and just be yourself? Self. Individual. Aware. Conscious. Free. Self. That's what you are. Try telling that to passport control!

Humility

Humility is the sign of greatness. To the extent that you are great, you are accordingly humble because you are constantly full. Just as a fully-laden tree would be bowing down, so, humility does service, and those who remain humble receive respect from everyone. No one gives respect to those who have arrogance; they run away from such a person. Wherever those who are humble go and whatever they do, they will always give happiness. Everyone will experience happiness from them.

Situation-Proofing Yourself (Part 2)

A life without situations is like trying to live a life in an imaginary world, cut off from reality. There are two categories of people. One will make the situation smaller by waking up their positive perceptions. The other will make the situation bigger than what it is by waking up their negative perceptions. The negative perceptions are the first reasons for making an easy situation seemingly difficult or a difficult situation into a very difficult one. The negative perceptions stand on four pillars, the four questions - **How? Why? When? What?** Just remember the last time you were faced with a difficult situation, it was always one of these four questions or more than one on which your perceptions stood. If it's all four, then the negative perceptions become the strongest and stand the tallest. And of course the other two exclamations or surprises – the **If!** and the **But!** These raise the negative perceptions even higher and before you know the situation takes alarming proportions, by a negative perception personality. On the other hand, a person who is a positive perception personality will rise above these questions and not create these two exclamations. This is situation-proofing. A situation is there but I have situation-proofed myself i.e. I go beyond the influence of the situation by keeping these questions and exclamations away and not give the negative perceptions an overwhelming form.

As we all know, the energy of our consciousness (or *smriti* in Hindi) flows into our attitudes (or *vriti* in Hindi) and shapes them, the energy of our attitudes flows into our perceptions or the way we look at real-life situations (*drishti* or *drishtikon* in Hindi) and shapes them and finally the energy of our perceptions flows into our words and actions (or *kriti* in Hindi) and shapes them. This is the subtle role play that takes place in our mind and this is the process that is required to be completely understood before understanding how **situation-proofing** works, which we shall explain in tomorrow's message.

Soul Sustenance

Loving The One (Part 1)

Discovering the love hidden within every spiritual being for the One who has performed thousands of favours for us from the time we experienced a life devoid of love and happiness goes beyond prayers and hymns, devotional songs, chanting of mantras, reading of scriptures and idol worship. Instead of asking for love, peace and happiness from Him, always called by the male gender, whom we have called out to in many phases of the life and death, birth and rebirth cyclic story, in which we lost our way many times, we need to know a method of connecting with Him in such a way so as to empower our inner selves completely to bring about changes inside us that would fill us with what we were searching. There will always be love for this One since He brings with Him thousands of love filled surprises which the soul does not even believe it can expect from God, but He being the One with the most number of enchanting and pure treasures, will always be remembered as the highest One whom the world looks up to in times of trouble.

If we look back at our present birth, we will remember thousands of times when God has hugged us and taken us beyond sorrowful circumstances and trying problems. We have thanked God so many times that remembering the same brings us into tears and we realize that we owe a lot to this One who goes out of his way to forget his remaining children for that one moment, which we feel is our own personal moment with Him, as we continue to fall in love with His continuous favours that he showers on us and we promise Him again and again to be faithful to Him by sharing all that He brings into our life, with those children of Him who search for Him and are sometimes disheartened when they feel lonely or disappointed, when things are not as pleasurable as they desire. **So let us celebrate our long lasting loving relationship with not only thousands of loveful gratitudes but also by giving humane inspirations to His loving children so that they unite with this One, the amazing One.**

(To be continued tomorrow ...)

Message for the day

The biggest treasure of all is the treasure of experience.

Expression: The one who has the treasure of experience is able to bring benefit to others. He is clear in thinking and accurate in judgement. So he is naturally able to give directions or corrections based on his own experiences and is also successful in it. Also there is equality in what he talks and does.

Experience: To be an embodiment of experience means to learn from everything that happens. So when I am able to become an embodiment of experience, I am able to feel mastery over every situation that comes my way. The power of my experience enables me to move lightly through all situations.