

Today's Thoughts: February 22, 2020: Self-Trust



Self-Trust

When there is respect and love for the self, there is trust. When you believe in yourself, then you have the courage to maintain your strength even in the face of disappointments and setbacks.

Loving The One (Part 2)

Remembering God whom we respectfully call the One, because He is unique in the sense that He is the only spiritual energy in the entire Universe who has never experienced lust or anger or ego or hatred. **God is faithful to the eternal laws of humanity which state that soul consciousness is the right *karma* and body consciousness is the opposite;** soul consciousness will give and attract joy and body consciousness will give and attract sorrow.

There have been instances in history when God was mistakenly called omnipresent or present in every molecule (whether pure or impure), although He is a permanent resident of the soul world. This was ridiculing Him in a sense. Also, sometimes God's status and qualities were given to humans, like the worship of deities, whom we started calling gods and goddesses and founders of religions like Christ and Buddha were worshipped as if they were God, although they all were pure and divine human beings and not the One i.e. God. If that wasn't enough, some people called lust as the eternal component of the world drama and also went to the extent of saying that lust was God's creation, which even gave birth to many *shastras* and essays on lust in India a few hundred years after the time of Christ, although lust did not exist in the pure world, which existed hundreds of years prior to Christ, which God had created. These *shastras* were given undue importance, instead of being banished (discarded) from society which God would have desired, since they sowed the seeds of sin in the minds of humans and were the cause of the moral degeneration of society. Even deities, who were God's creation of the past, were shown mistakenly as lustful in some temples of India, which was an indirect insult of God, the purest and the most innocent One, the Supreme Father of humanity. God was also called by us, mistakenly, as the One who gives sorrow as well as happiness, forgetting that it was our own actions which brought us both of them. The worst insult for God was by those people of scientific temper who gave God the status of a man created concept and his fantasy, saying God is an imagination and not a reality. So, God was a detached spectator to these insults, never taking them to His heart, but on the other hand He showered sweet mercy on each one of us through His blessings and sweet vision of love, all that time.

(To be continued tomorrow ...)

Soul Sustenance

Taking Responsibility, Overcoming Guilt (Part 2)

If there are people or situations that lead you to fall over the same stone i.e. they lead you to make the same mistake, which was committed earlier, again, **perhaps you will have to avoid them for a few days or a time, until you have strengthened yourself and have the inner security that they will not influence you.** This is not running away; it is wise knowing your weaknesses and knowing that to get into similar situations with the same people is only to repeat the same errors and to worsen your wellbeing and that of the other. Trust in yourself. You can overcome these mistakes and stop making them. It is a question of loving yourself and living. Out of love, you stop hurting yourself and hurting the other.

Crying over past mistakes, you don't mend anything. Open yourself to forgiveness. **Raise the level of your thoughts so that they don't keep you in a state of sadness and loss of hope.** Don't allow your inner judge to sentence (punish) you each time that you act, since that way you won't feel free. Your judge that you carry within makes your life bitter; however, it is you that gives this judge the capacity to exist. **If the inner judge is in harmony with our conscience, it is good, because it wants to protect us.** On creating guilt it warns us that we have broken a rule of our code of beliefs, values or behaviors. It alerts us to the fact that we are acting against something important of ourselves. At those moments it helps us to observe and question what is real, true, important and even sacred in our life and for us.

(To be continued tomorrow ...)

Message for the day

The one who is truly happy knows the importance of taking happiness as much as he knows how to give happiness to others.

Expression: In order to be fully happy, it is important not to take sorrow from situations or people. Usually we pay attention not to give sorrow but it is now equally important to just take happiness from whatever happens.

Application: Today take the thought in your mind that you will just give happiness and take happiness from each and every person you meet. Think of something nice to say to every person you meet. Then you will find that you are constantly happy because you are not expecting from them but you are giving.

Give Good Wishes

The festive season gives us opportunities to meet up with many more people.

If you find that you have negative feelings towards certain people, than take a moment to transform your feelings.

Follow your spontaneous instinct to give. The heart gives and is full of grace. So, don't just limit your good feelings to just one or two people. With an open heart, greet everyone with sincerity and love. Make your heart big and silently give good wishes to everyone you meet.