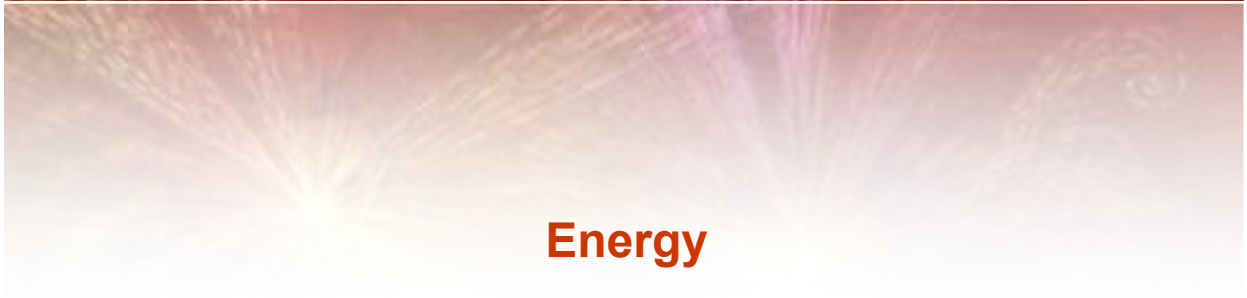


Today's Thoughts: January 23, 2020: Energy



Energy

If you speak badly of others, the negative energy that you put out into the universe, will return to you. The same is true of positive energy.

The biggest help for the self is to forgive.

When I carry negative experiences, I am not able help myself be light, easy and natural. There is a feeling of bondage and discomfort. But, when I learn the art of forgiveness, I am able to free myself from this bondage. I experience inner freedom and lightness and I am able to make the right judgment too, in future interactions. Today I will forgive someone whom I was not able to forgive all this while. I will not forgive because he needs forgiveness, but because I want to be free. Forgiveness is possible when I understand that everyone has a unique role to play on this world stage. I cannot expect another person to act or behave or think like me, because his role is different and unique.

The Concept Of Letting Go (Part 3)

An example of how the **pleasure** turns into **desire**, the desire into **need**, the need into **habit**, habit into **dependence** and finally the dependence into an **addiction** process (explained yesterday) takes place can be seen in some smokers. The smoker, little by little, liked smoking, then desired to smoke, then needed to smoke; he/she created the habit of smoking, it turned into a dependence and finally into an addiction. It began because he liked it but it ended up generating that addiction.

We live disconnected from ourselves, with a lot of unnecessary dependencies and needs. When you think that you need to smoke, you believe something that is not true. What does it mean that you need to smoke? Negative effects of smoking on the body are well known; we already breathe in enough pollution from cars and we do not need to breath in more unnecessary smoke. However, the person who smokes believes that it is a need and, while they believe it, they don't realize, or if they do realize, they don't want to accept that it is an unnecessary dependence.

This process can happen in many other cases: emotional, mental and physical dependencies and addictions towards people, objects and ideas. When we are hooked we lose emotional, mental and intellectual control over our inner selves and in our awareness. The solution is in knowing how to let go.

Soul Sustenance

The After Effects Of Anger

If realized deeply, it's alright to conclude that anger destroys. If it doesn't destroy our physical body (that too it manages to do in the long term), it definitely destroys our capacity to be creative. And after all the very purpose of our life – is to be creative. So in short, anger deviates us from reaching our very purpose of life. **Anger is never every good for health – mental or physical; never ever positive or empowering and never ever allowable or justified.** Many authors of self development books, philosophers, psychologists and experts on the human nature have argued that anger is a natural, biological and psychological response which is an integral part of human *sanskara* and life. While this can be respected as a point of view, it is not at all true.

From a spiritual perspective, which means a view based on the absolute truth because the word *spiritual* means that which is the truth, anger is never ever natural or beneficial. While we are all used to getting angry, each one of us to different extents; on a little introspection, we will realize that **it drains us out and is counter-productive.** Anger is an absolutely unwanted emotion if we want to live a peaceful, contented and blissful life. **It totally destroys the ability to create meaningful and deep relationships based on trust and respect and brings the efficiency of our actions, performed at the workplace, at home or anywhere else, down.** If we believe in the necessity of anger, we need to stop for a while and reflect deeply and see if we can see how it is a huge obstacle to our own contentment and fulfillment, and how it negatively influences the contentment and fulfillment of those around us.

Message for the day

You will continue to progress when you finish carelessness.

Expression: Check if you are satisfied with the progress you are making and see if you could do anything to improve it. Also check if your own carelessness is preventing you from moving forward quickly.

Experience: Take a thought of an aim that you have to fulfill within a certain period of time. Each day strengthen remind yourself of it and tell yourself that you only have to work towards this aim, whether others are doing it or not. When you look at others you tend to become slack too. So finish carelessness and continue to move forward.