

Today's Thoughts: January 15, 2020: PRESS ON!



The Triple Crown of horse racing consists of winning the Kentucky Derby, Preakness Stakes and Belmont Stakes. The first Triple Crown Winner was in 1919, and American Pharoah, in 2015, became the 12th.

PRESS ON!

If you feel you just want to quit,
Try again and again.
Never give up... Press On!

If you feel you don't have the patience,
Try again and again.
Never give up... Press On!

If you feel you just can't win,
Try again and again.
Never give up... Press On!

If you feel life is too hard,
Try again and again.
Never give up... Press On!

If you feel "I Can't Do That",
Try again and again.
Never give up... Press On!

If you feel you'll never reach your goal,
Try again and again.
Never give up... Press On!

Never give up on something you want,
You will build patience,
You will win and reach your goals,
Things will become easier,
You can do anything you want.
If you try again and again, never give up and...

PRESS ON!

Self-respect

To be seated on the seat of self-respect is to use virtues in life. It usually seems very difficult to use the virtues within us when the people around are not doing so. At such times using negativity seems much easier. In spite of not having that particular weakness predominantly, say of anger, when there is provocation from the outside we tend to react with that weakness. In order to free ourselves from weaknesses and work with the virtues within us we need to make sure we are seated on the seat of self-respect. For this we need to recognize and appreciate some speciality within us. When we are in the awareness of this speciality of ours, we will be able to stabilize ourselves in the state of our self-respect.

Churning Spiritual Knowledge (Part 2)

We had discussed a few benefits of churning spiritual knowledge yesterday. Some more are as follows:

3. The knowledge that we have becomes more real: and so can give more effectively to others. We can use the jewels of knowledge in serving others. This knowledge will have much greater power and be of much greater help to others than any form of scholarly or bookish knowledge.

4. Our personality changes: Limited views and thought patterns which give birth to various obstacles can be finished by churning. Our outlook towards life becomes very broad and we become completely content internally so that name, fame, respect, insult, etc. don't affect us, they seem totally insignificant.

5. Natural bliss: By churning, spiritual knowledge becomes a source of bliss. Because of the spiritual happiness and intoxication that comes from churning, our faces will become radiant and we become instruments to attract other people towards spirituality.

6. Our concentration power increases: By acknowledging and not suppressing impure thoughts we will easily clear negative thoughts within a short period of time. Our concentration power will increase. We will be able to clear and burn impure or waste thoughts, and easily become an embodiment of positivity.

Soul Sustenance

How Does The Mind Work?

We can compare the mind with a screen, where thoughts, images, feelings and associations are constantly appearing. Thoughts manifest themselves in the mind in the same way as images on a film are projected onto the cinema screen.

The mind often interprets negation as affirmation. Therefore, when we tell you not to think about something, it is as if we were saying, "Think about this" and these thoughts are produced with even more force in the mind. Therefore transforming negative habits and personality traits becomes a struggle. The most effective way of fighting is to ignore these unwanted thoughts, but we should then immediately focus our mind in another direction, thinking about something positive. Thus useless or negative thoughts have no space to grow in our mind. Thinking positively is not a battle against negativity but by imbibing spiritual knowledge, we transform the negative into positive.

We can compare the mind with a naughty child who is playing with a dangerous object: if you take it away from them they will cry until they get it back again. Perhaps a more effective method would be to offer them something that would be of more interest to them and in this way, by having a new inoffensive toy in their hands, they will leave the dangerous object alone.

Message for the day

Become free from the illness of the body by filling your mind with positive thoughts.

Expression: When you have any kind of trouble with your body, check whether you are able to have positive thoughts or if your mind is filled with the difficulty you are facing with the illness. When you are caught up in the bondage of the illness you will not be able to be free from it.

Experience: At the end of each day, practice filling your mind with positive thoughts, those that make you happy and you will find that you are free from the tiredness of the body. The more you practice in this way you will be free from the bondage of the body.