

Today's Thoughts: February 23, 2020: Look for Goodness



Look for Goodness

In everything, goodness is there. Our goal is to find it. In every person, the best is there. Our job is to recognize it. In every situation, the positive is there. Our opportunity is to see it. In every problem, the solution is there. Our responsibility is to provide it. In every setback, the success is there. Our adventure is to discover it. In every crisis, the reason is there. Our challenge is to understand it. By seeing the goodness, we'll be very enthusiastic and our lives will be richer.

Loving The One (Part 3)

Dedicating love to the One whom we have many a times disrespected out of ignorance, not to take away the fact that we have loved Him also, but true love for this sweetest and nicest One in the universe is recognizing Him with the eyes of spiritual wisdom, who He is and what are His virtues and how He uplifts mankind from the claws of impurity and wrong beliefs which continue to bring human instincts to the lowest levels, as we see today in society, where lust and other negative illnesses in the human psyche have brought it down tremendously, which man had not even dreamt of, just 100-150 years ago, all under the garb of advancement and modernity. So let us just stop for a minute and reflect on all the qualities of purity that the world possessed a few thousand years behind, on the world time line, which was the world that the God had made with His own hands, which we spoiled due to our self created beliefs and attachment to physicality. The world lost its sanctity (purity) and that was the time when we had disheartened God and broken our promise to Him, made to Him in our prayers and other forms of worship, to take care of what He had created and not to let it destroy our inner selves, which it did. They say, God is above sorrow and joy but God isn't unemotional either. He watched the decline in a mode of detachment and He was above it, but at the same time He wasn't liking it happen. The same world children, who had loved Him and left Him in the soul world, which is above the physical world of 5 elements, when they stayed with Him there, had abused that spirit of love and fallen down.

So, if we were to realize this deeply, we would say – *Yes! Today I will give the return to the Spiritual Father of Humanity, the Highest One; I will make myself so pure, as He would like me to be. This would be dedicating my true love to someone who has lived by His word of helping us every time even though we did not keep our word to Him that we would remain the purest and the most virtuous beings and keep His creation – the world in the same light.*

Soul Sustenance

Taking Responsibility, Overcoming Guilt (Part 3)

There is a difference between when we have established our own code of values or beliefs in life, and when we feel obliged (forced) to obey an imposed code of beliefs. **It is important for us to accept on an inner level the code by which we think we should be guided and act.** When we act out of obligation (compulsion), by following a code of beliefs or behaviors that we feel have been imposed but aren't accepted as our own, we should ask ourselves why we act out of obligation (compulsion), basing ourselves on a code we have not accepted. Are we perhaps afraid that, if we don't do it, we will feel guilty?

When we violate the codes of belonging to a group, family, social class or community, generally we feel guilty. If this guilt leads us to question ourselves about what is right for our conscience, we progress in our personal growth and improve our clarity. **It is necessary to respect ourselves, being clear about what the beliefs are on which we base our life, think, feel and evaluate.** This will help us to avoid the gap between what we should and what we want to do. **Until the should and the want are joined, we leave an open space for guilt.**

When we act according to how we feel we **should**, we will feel guilt for not doing what we **want**. While we act according to what we **want**, we will feel guilt for not doing what we **should**.

When guilt warns us that there is something to check and correct within us and we are willing to see it, have a dialogue with the self and clarify, we are on the right path. Sometimes guilt acts as an excuse for us to apologize without really taking on the responsibility for what happened; we pass on the responsibility to the established norms, norms that in this case we haven't accepted as our own. In any case, the solution to guilt is to take on self-responsibility.

Message for the day

Happiness comes when there is self-sovereignty.

Expression: Being a self-sovereign enables you to have total control over yourself. If not, when there are negative or difficult situations, there would be sorrow. When you are in control you will not expect situations to change but you will have the courage to change yourself.

Application: When things go wrong, instead of worrying or waiting for things to change, tell yourself that you are a self-sovereign and you can bring about a change in yourself. When you work on yourself and change you can be happy.

Asking the right questions brings learning and progress.

When I am too focused on answers, I don't find them. I need to ask the right questions and also letting go of the dependency of wanting answers. Right questions are like brooms that sweep the mind clean. Once the mind is clean, answers flow. There is then, learning, growth and progress. Today I will ask questions that help me progress rather than expressing doubt. There need to be more "hows" and "whats" rather than "whys". These questions will lead me a step forward, instead of getting stuck with difficult situations.