

Today's Thoughts: February 29, 2020: Creating Thoughts of Benefit



Creating Thoughts of Benefit

Acts of virtue emerge from deep within, from an inner sanctuary of silence from which inspiration flows. Every action has its seed in a thought and every thought is a creation of the thinker, the soul. I choose what thoughts I want to create and as is my thinking so are my actions and also my experience in life. Going within, I touch the stillness and pure love that lie at the core of my being and every thought that I create is of benefit to myself and of benefit to humanity.

Cooking A Meal – Subtle Energies At Work (Part 3)!

The low subtle energy of certain foods like meat, fish, chicken, eggs, onions, garlic, etc. and also alcohol is a deterrent in the purification of the soul, which is carried out by any wise person as a life objective and they also affect the body negatively on an energy level although you might vouch for their physical benefits, which may even be correct. So excessive consumption of such foods should be avoided, in fact completely avoided. This is a spiritual principle and given significance by the spiritual minded, based on their experiences, because these foods cause the minds to become agitated and lustful, even subservient (under the influence of) to other negative emotions like greed, attachment, ego and jealousy. On a lighter note, you might say, then why not purify these foods by meditation and then consume them but these are foods that come in the *tamsic* category and giving them pure emotional energies in the form of subtle vibrations does not transform their inherent *tamsic* or impure nature so much so as to not have a negative effect on the mind and the body.

Also, along with being selective about your meal menu ingredients, taking into consideration their different natures, **it's important to maintain a higher spiritual consciousness while cooking and having meals.** This can be done by mothers by creating positive and peaceful thoughts or by playing a few songs of the spiritual type or even playing soothing meditation tunes while performing the cooking *karma*. Also, before consuming any food item or even water, spend a few seconds in creating a powerful thought of spiritual self-respect and focus your vision or *drishti* on the item. In this way, the food or liquid item will be charged with positive vibrations through your eyes and its negative nature, both on a physical as well as spiritual level, will be healed. This is in short a spiritual perspective of cooking and consumption of meals and the intention of the message is not to prevent you from having tasty meals and delicious dishes which you are addicted to.

Soul Sustenance

Healing Of Wounds Inside The Soul Through Meditation

Our connection with the Supreme Soul, through meditation, is the best way of healing the inner wounds and negative traces, inside the soul, which have been left by the negative *karmas* of the past. **Given below is a meditation commentary that will help you to absorb the positive healing energy of the Supreme in order to do the same:**

I become aware of myself as a tiny sparkling star of light, situated just above the eyebrows – a soul... In soul consciousness, I experience the beauty of the many qualities like peace, love and bliss; of the spiritual being that I am... Now I turn my mind to the soul world... Over there, I visualize, in front of me – a sparkling Sun of golden light - God, the Father and Mother of me, the soul... He radiates immense spiritual energy... I turn my mind and intellect to his light... I feel the warmth of His presence and the light of His love for me gently healing the wounds of the past that are buried deep inside me, the soul... wounds left by ego, fear, sorrow, jealousy, hatred, anger...

While I sit and absorb this healing energy from the Source, I also transmit that light and positive energy out into the world... This light touches everyone I know and have ever known... It is a light which also heals my negative vision of them... I now recognize everyone around me as brother souls, playing their own unique roles... With this new soul-conscious vision, I experience unconditional love for each soul and all negative memories and past hurts associated with each of my relationships is consciously released... The past is forgotten, resulting in a deep feeling of freedom inside me...

The beauty of the Law of *Karma* is realizing that when our consciousness is filled with happiness, peace and love for others today; and we transmit that positivity to others through our words and actions, the energy received back from each of our relationships, as a result of doing that; ensures that our own future will be bright.

Message for the day

Creativity comes when there is happiness.

Contemplation: Happiness touches the heart and enables the creativity to come from within. The one who is happy doesn't wait for the right opportunity to be creative, but uses each moment as a chance for using creativity - for bringing newness.

Application: When I am happy I am able to enjoy and make the best use of each and every moment of my life. I will want to do something new, unique and different. So I also have the satisfaction of having done my best.

Boredom

Boredom can be a result of routine. Do the same thing everyday and you're likely to switch into auto-pilot mode and get lazy in your thinking.

Try to relieve boredom by doing the same thing, differently. Maybe take a different route to work or change the time when you do the laundry. Just get interested, get creative and add a bit of fun to the routine tasks.