

Today's Thoughts: February 09, 2020: Harmony in Relationships



Harmony in Relationships

Speak always with a conscious control and only what is necessary and helpful.

Ever feel like you're missing out on something more exciting, interesting or better? Especially, when you scroll through all your texts, emails, status updates, and you see the photos of others' having more fun!

What are you missing out on? Well, you're 'missing in action', absent from where you are now.

This means you're nowhere.

Instead of spending time living in 'nowhere', be present, be happy and enjoy the here and now.

Wisdom lies in being strong, rather than being vulnerable.

When something happens that is not to my liking, I need not get caught up with it. The situation tends to colour my thoughts and I become negative because of the situation. Wisdom lies in being strong, uninfluenced. I need to become a source of power rather than becoming vulnerable to the weaknesses. Today I will smile at everything that happens. Every scene in the drama of life, as it unfolds in front of me, has something beautiful in store for me. It has a gift (maybe in disguise). Today I will appreciate the gift that it brings and move forward.

Making The Journey With The Right Realization

It's so easy to become caught up in my physical role - my name, physical personality and looks; the social setup or family I've been born into, my friend circle, the school I went to, the person I married, the organization in which I work, the various material objects I own or possess. I forget my true identity, the spiritual being, and that it is me, the spirit or soul, who is experiencing life through this physical body and surrounding circumstances. The physical, human side is essential, but it's the spirit, the being, the energy, which makes the journey. The physical body is the vehicle through which the journey is made. The people who exist in my life are also energies making their journeys through their respective vehicles. Looking at myself and others, when I realize who is making the journey and I remember this and maintain this spiritual consciousness throughout the day, I'm able to access spiritual treasures of peace, of power, of love and joy and see the same in others. It is because of not remaining in this remembrance; I remember and identify with the vehicle and experience my false identity. That is why we find ourselves empty of these treasures today. As a result there is a tremendous increase in interest in meditation throughout the world. Unlike in the past when this interest was seen primarily in the East, today relaxation and meditation is a blooming industry in the Western countries.

The more I become trapped by a materialistic consciousness, and the more I lose contact with my inner self, the less freedom I experience. The search of happiness through the physical senses brings temporary, short-lived gains. My life lacks depth when the only things I know, realize and feel are related to the loads of information I receive from the physical sense organs, and I become disconnected from the spiritual dimension.

Soul Sustenance

Using Creativity and Positive Thinking To Overcome Dependencies

The correct use of creativity and positive thinking helps us to overcome any type of dependencies or negative tendencies that we may have. Often we live under the illusion (false belief) that we can only be happy thanks to objects, people and places, but happiness is something that we experience when we put our heart into something, and our intention is of giving and not of taking. In the creative activity that we experience greatest enjoyment in, our happiness comes from within and expresses itself outwards, and not from the outside in. Creative personal development helps us to overcome laziness. On overcoming it, we recover the inner strength necessary to free ourselves of certain dependencies, such as the dependency on the creativity of others to entertain us e.g. watching a movie in which actors entertain the viewers. It is fine to enjoy entertainment, but the important thing is that you are capable of spending a good amount of time being creative yourself, overcoming laziness, boredom and the wasting away of our own inner creative capacity.

Also, let us learn to create thoughts which are positive and creative. They arise out of the spiritual knowledge of the inner self or soul. In this way, thanks to those higher quality creative thoughts, full of peace, harmony, love and happiness, the mind gets strengthened and is able to overcome old habits and negative tendencies which we hold on to or are dependent on.

Message for the day

The more you are humble, the more will be your success.

Contemplation: Humility gives you the wings to fly. It gives you enthusiasm based on your inner truth and you can easily move forward. When there is no humility you will find yourself being pulled back again and again.

Application: When you do something, remind yourself of how much you are enjoying it. Let there be no desire for recognition or praise. Then you will find yourself succeeding in the task that you undertake and you will be appreciated too.