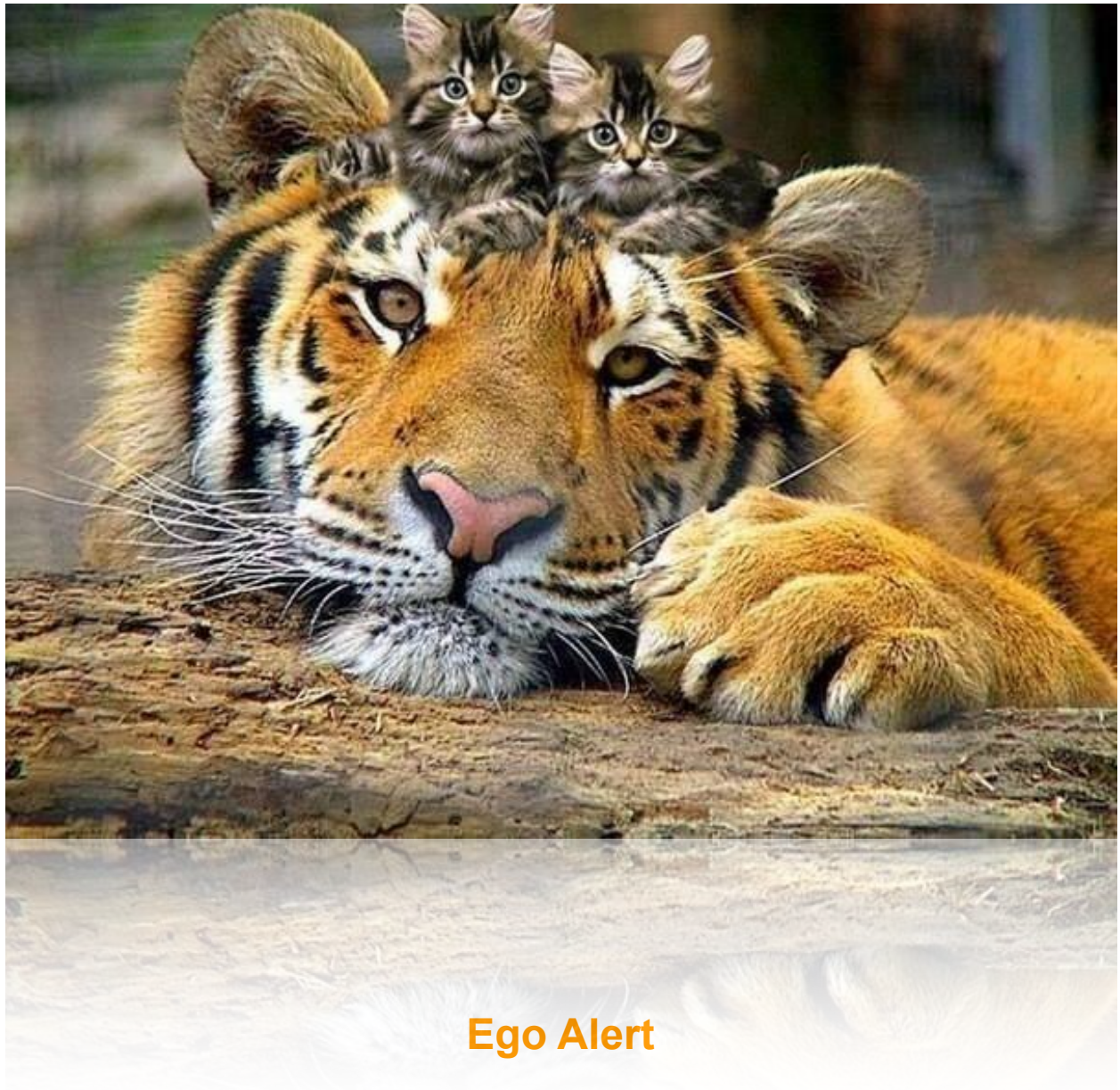


Today's Thoughts: January 05, 2020: Ego Alert



Ego Alert

How do you know if you're reacting from a place of ego? If you feel insulted on any level, if a criticism hurts - it's your ego reacting, rather than you responding!

Understanding The Process Of Birth And Death

When the body has become unserviceable due to age or disease, or it suffers a fatal injury, the soul leaves the body. At the moment of death, the soul withdraws its energy from the organs of the body and vacates its seat in the middle of the forehead. Like a bird, it leaves the cage made of skin and bones, and taking its sanskaras, it enters into another body, in the womb of the new mother. From the very birth, the sanskaras of a soul are apparent; whether the "new-born" baby is happy, unbothered, sad, shy, mischievous, quiet, violent or agitated.

Death occurs at the precise moment when the account of giving and taking with other souls through a particular body is finished. The new birth is determined by the soul's account of karmas with another set of souls. One may be born into a cultured, wealthy family, another as a beggar, one may be born deaf, dumb, blind or crippled, another with a strong supple body. The type of body and the conditions of birth are determined by the thoughts and actions performed in the previous births.

Three Components Of Change

In order to bring about a fundamental (major) change, three elements need to exist simultaneously:

Focus: A clear sense of purpose in life and clear goals to guide your life's activities.

Will: The motivation and enthusiasm to introduce and sustain the actions.

Capabilities: The skills and abilities to fulfill your purpose and goals.

But where do you start? There is definitely a right place to begin and that is with your **focus**. Why? Because if your **focus** is powerful and based on a very deep sense of your inner most purpose in life, then that will provide you with the **will** power you need to keep going. Then if you have a clear driving **focus** in life and lots of **will** power to back it up, you will soon develop the skills and **capabilities** you need to make it happen. You may not have them yourself, but your enthusiasm and passion will certainly inspire others who do have them to join you.

Soul Sustenance

Meditation And World Transformation (Change) - cont.

Yesterday we had explained how one can become a medium of world transformation by sitting in meditation.

To become a world transformer, while performing actions, the following method can be practiced - when dealing with others, continually maintain the internal feelings of being a spiritual rose flower, spreading the fragrance of divine qualities through good vibrations and good wishes. When viewing others, look not at the eyes, but look at the point of light in the centre of the forehead whose original qualities are peace, bliss, love, joy, power, etc., and remember that it is the eternal (beyond life and death, timeless) soul talking to the eternal soul, through the body. Also, while maintaining this type of spiritual vision, sprinkle other souls with the energy vibrations of the same virtues.

Message for the day

Perfection comes to the one who is open to learning.

Projection: When we realize having made a mistake, we usually have negative thoughts about ourselves. This is because we expect the best out of ourselves, i.e., we expect ourselves to be perfect in everything we do. But this expectation prevents us from taking naturally the learning from the situation.

Solution: We need to realize that perfection does not come by thinking about it but by being busy in whatever we are doing. With every action of ours comes a learning and this automatically brings perfection.