

Today's Thoughts: January 10, 2020: Appreciate the Gift



Appreciate the Gift

When you open your eyes in the morning, sit for a moment and appreciate the gift of a new day, create a peaceful thought and enjoy some moments of silence throughout the whole day.

Self-respect

Every reaction to situations is a reflection of one's own self-respect. To the extent that there is a high degree of self-respect, to that extent there is a positive response to even the most negative situations. If there is low self-respect, even the smallest situation brings forth a strong negative reaction. This reaction only makes matters worse. When I am able to maintain my own self-respect even in the worst situation, I am able to have a hold, control over these situations. But if I have a low self-respect I continue to blame situations and use them as excuses to feel helpless. So I am not able to do anything about these situations and just continue to have negative feelings.

Meditation For Overcoming Fear

Breathe deeply. You should say to yourself - "relax, calm yourself." Repeat until you are peaceful and centered. Become serene and feel a sensation of peace and well-being. Maintain this serenity on breathing. Free yourself of worries on breathing out. Now slowly create the following thoughts:

I sit comfortably like an observer in silence... I let go of every-thing around me... objects, people, responsibilities, places... I focus my mind on the present moment... I let the serenity... the peacefulness... envelop me... In this calm I can see the dark corners of my inner self... Like shadows, I can see the fears, anxieties, guilt, unhappiness, weaknesses that lie hidden there... Fear has poisoned my being; it has stolen my peace, my happiness and my self-respect...

I accept that there is fear within me... I observe it and I realize that I am not that fear... I am not that weakness... it is not real, it is a shadow... I focus now on what is real: it is love... it is peace... it is well-being... it is the purity of the soul, what is real, authentic and true... I only have to access these original qualities and allow these energies to heal and strengthen my soul... To do this, I continue to observe calmly... with patience... I do not allow my mind to judge, or analyze what is happening to me... everything that has happened to me forms part of the past... I have learned from my mistakes... I forgive myself... I forgive others...

This meditation commentary will be continued tomorrow.

Soul Sustenance

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.

Message for the day

Where there is zeal and enthusiasm, success is guaranteed.

Expression: If you are not able to experience success in all that you do, check if you are filled with enthusiasm or not. Also find out the reason for not being enthusiastic. This helps you to realize and overcome your weakness.

Experience: In order to increase your own enthusiasm throughout the day, create an aim for yourself and see that you work towards this aim each day. When you find yourself progressing towards the aim you will become enthusiastic.