

Today's Thoughts: March 15, 2020: Moving Mountains



## Moving Mountains

The faith that can move mountains needs three ingredients to work: belief in yourself, belief in others, and the ability to draw on your inner strength.

### **Situation-Proofing Yourself (Part 3)**

**Situation-proofing** is the art which can be defined as: Keeping your consciousness free from the question marks and the exclamation marks or surprising marks mentioned in yesterday's message, over a lengthy period of time. This is an empowered or powerful consciousness with little room for the negative or waste thought patterns. Such a positive consciousness carrying person then has a positive attitude. A positive attitude then influences our perception of problems and makes it positive and that finally leads to positive or correct words and actions which are required to solve the problem at hand and become free from the influence of the problem.

**Thus, in short, our thoughts are the foundation of our perception.** Negative perceptions stand on the foundation of thoughts of negativity which are filled with questions and exclamations (or surprises) created sometimes over a complete life time and positive perceptions stand on the foundation of thoughts of positivity over a long period of time. It's not just about that particular moment of time or creating positive thoughts at the time, when you are in trouble and faced with a difficult situation. It's a complete life period or a practice of many years or atleast a few months. The mind does not become empowered overnight. Its many different situations, achieving victory many times in keeping the mind positive in all those situations which transforms and keeps the perception positive in circumstances that one is going to be faced with in the future. Thoughts of positivity are like clean water poured in the vessel of the mind which is used to creating thoughts of negativity which are like unclean water which the vessel is always filled with. A large volume of clean water or thoughts of positivity is required to be poured into the vessel so that the unclean water is completely replaced by the clear water of positive thoughts. So, **pour positive and beautiful thoughts into your mind everyday for a few minutes through spiritual *gyan* or knowledge and slowly over a period of time the question marks and exclamation marks in situations which confuse you and cloud your positive perception capabilities will be removed and you will remain situation-proofed.**

## Soul Sustenance

### Loving the One (Part 2)

Remembering God whom we respectfully call the One, because He is unique in the sense that He is the only spiritual energy in the entire Universe who has never experienced lust or anger or ego or hatred. **God is faithful to the eternal laws of humanity which state that soul consciousness is the right *karma* and body consciousness is the opposite;** soul consciousness will give and attract joy and body consciousness will give and attract sorrow.

There have been instances in history when God was mistakenly called omnipresent or present in every molecule (whether pure or impure), although He is a permanent resident of the soul world. This was ridiculing Him in a sense. Also, sometimes God's status and qualities were given to humans, like the worship of deities, whom we started calling gods and goddesses and founders of religions like Christ and Buddha were worshipped as if they were God, although they all were pure and divine human beings and not the One i.e. God. If that wasn't enough, some people called lust as the eternal component of the world drama and also went to the extent of saying that lust was God's creation, which even gave birth to many *shastras* and essays on lust in India a few hundred years after the time of Christ, although lust did not exist in the pure world, which existed hundreds of years prior to Christ, which God had created. These *shastras* were given undue importance, instead of being banished (discarded) from society which God would have desired, since they sowed the seeds of sin in the minds of humans and were the cause of the moral degeneration of society. Even deities, who were God's creation of the past, were shown mistakenly as lustful in some temples of India, which was an indirect insult of God, the purest and the most innocent One, the Supreme Father of humanity. God was also called by us, mistakenly, as the One who gives sorrow as well as happiness, forgetting that it was our own actions which brought us both of them. The worst insult for God was by those people of scientific temper who gave God the status of a man created concept and his fantasy, saying God is an imagination and not a reality. So, **God was a detached spectator to these insults, never taking them to His heart, but on the other hand He showered sweet mercy on each one of us through His blessings and sweet vision of love, all that time.**

(To be continued tomorrow ...)

## Message for the day

### To transform the self means to receive blessings.

**Expression:** The one who brings about transformation in the self learning from all situations, attains victory constantly. He will naturally be able to take the learning from all situations and move on in spite of negative situations. He is also successful in his relationship with others, as he knows to mould himself.

**Experience:** When I am able to bring about transformation in myself according to time, without just expecting others to change, I am able to get the love and good wishes of all. Because of the ability to mould myself, my thoughts too would be easy and light.

### The one who is wise is free from careless or negative talk about others.

When someone is talking about another person's shortcomings, I need to question why I am listening: is this information of any use to me, or can I do anything about the situation? If not, then I need to remind myself that there is no use in listening to such talk. Instead, I need to make an attempt to look at the positive qualities of the person in question, and think about how I can help everyone focus on these instead.