

Today's Thoughts: January 30, 2020: Excuses, Excuses



Excuses, Excuses

If you want to do anything you find a way.

If you don't want to do anything you find an excuse.

The Consciousness Switchover (Part 1)

While we have explained in many of our past messages what body consciousness or attachment to physicality is and how it leads to a creation of lot many different types and shades of vices or weaknesses which tend to creep into our *sanskaras*, thoughts, feelings, attitudes, words, actions, etc. as a result of which we lose access to our pure, positive inherent nature; another process of subtle attachment to physicality that we get drawn into regularly, which leads to the same result, but on a more subtle level, is ***karma* or action consciousness where there is no over consciousness of the physical body but one gets so engrossed in the role one is playing that one becomes role conscious and experiences bondage and burden and mental freedom is lost.** As a result our inner comfort and contentment levels drop, others tend to become discontent with us and we become discontent with them, our relationships suffer, the efficiency in our actions drop, even our physical body is affected and we don't know the reason for the same.

Most of us will experience body consciousness once in a while but we experience *karma* consciousness every day, something which we don't perceive as negative but it gives a negative result because it is a subtle form of body consciousness, which can accumulate inside us over a period of time and cross the boundaries of subtlety and take a gross form. What is a simple solution for the same? **A consciousness switchover from role or *karma* consciousness to soul consciousness at different points in the day and then returning to playing the part of *karma* with a revised consciousness.** The role remains the same and is to be played, the soul cannot exist without it, but the consciousness is changed.

In tomorrow's message, we will mention a few very simple methods which help us in doing that.

Soul Sustenance

Reversing The Flow Of Love In Relationships

If we ask someone who do they think has caused them the most sorrow in life, most will point out to someone they love or had loved a lot. Why is it so? It happens like that because **we believe that the energy of love will come from the outside and will fill us inside.** The energy of love from the other will fulfill our inner desire for the experience of love. Due to our own need, we attach ourselves and hold on to a particular person whom we love a lot, believing that they will fill us with the love that they possess inside them, which will make us stronger, fuller and more content. So we start depending on the other person for this need. When he/she is not able to fill us, which happens many times, we experience sorrow. **Love is an energy, which exists inside us. It always goes from the inside out and reaches out to the other and brings benefit to the other. It does not come from the outside in.**

If we try and reverse the flow of love i.e. we make the energy of love come from outside in, we start depending on the outside for love, which results in the vacuuming effect. When you vacuum to clean your living room, you absorb the good and the bad. If you have dropped something very small, but valuable and of utmost importance to you, on your carpet, the vacuum cleaner absorbs it or takes it away, together with the dust, which is negative and of no value to you and which you do not want inside your home. **When you live with the vacuuming effect on an emotional level, you absorb the love, care, concern, virtues, powers, specialties, energy, etc. of the person you love but you also end up absorbing their weaknesses, their worries, their fears, etc.** That way, a dependency is generated that is counter-productive and causes emotional pain. That does not mean we become cold and stop accepting love from others, but we are no longer dependent on it for our inner well-being and happiness. Also, on the other hand, we keep radiating or giving love. When we give love, we experience it ourselves first and that's what we want - an experience of love, isn't it?

Message for the day

When you are truthful, you are loved and trusted by all.

Expression: When you are truthful your words and actions will become equal. You will do what you say and say what you do. Because of this you will continue to receive love and regard from everyone.

Experience: Just take up one thing that you have not been able to fulfill and today take up this thought that you will do it. Tell yourself that you have the power of truth within which makes your words and actions equal.