

Today's Thoughts: February 01, 2020: Think Big



Stairway to Heaven Sculpture at Bondi Beach in Sydney

## Think Big

Rise above little things. Be a big thinker. You are what you think. So just think big, believe big, act big, dream big, work big, give big, forgive big, laugh big, image big, love big, live big. Carry that list and you'll start feeling big. Be a believer and you'll be an achiever.

## Words come from your mindset.

If you don't want negative words to end up in your conversations, then change your mindset.

Change your thoughts and feelings towards the other person. Develop good feelings and respect for others.

Get positive and your words will follow.

## Self Esteem

Self-esteem comes when I really value myself: When I place value on myself, then others, too, will value me. When I don't value myself, how can I expect others to value me? If I continuously put myself down, saying - *I'm no good* or *I am not capable*, other people who hear this will start believing it. So what do I do? The key word is **consciousness**. As I start to make my consciousness positive by creating positive thoughts many times in the day about myself like - *I am the most fortunate soul in the universe* or *I am a victorious soul, I cannot experience failure in any step in life* or *I am a self sovereign soul, ruler of my sense organs* or *I am a destroyer of obstacles* or *I am a spiritual rose flower who spreads the fragrance of divine qualities* or similar thoughts, I become spiritually alert, then I am in a position to start valuing my life and as I start valuing myself, I develop self-confidence. The effect of this is that I start valuing others, understanding that everyone has their own position: not higher or lower, just different. Each one's uniqueness has its value.

## Soul Sustenance

### Serving Through Silence

In meditation you connect to the experience of silence in which both the mind and the heart are calmed. The mental chatter or noise stops. A gentle flow of slow, clear, transparent and peaceful thought is produced. The organs of the senses and the body are calmed and your emotions become peaceful. **In this state you can listen to the voice of your conscience, the voice that guides you.** That way you awaken the divine intuition. **On listening to that voice, you are strengthened. In this way you start to align your life with your purpose, with what you really want. You begin to have more determination to carry out the things that you really want to do, without fear preventing it.**

With meditation you learn to love the silence. A tender, beautiful and sweet silence. That way you value each word more, given that to not lose that experience of the sweet silence, you try to talk less, to speak with sweetness and gentleness. When you generate the love and pleasure in going to the silence, it helps you express the best of yourself. **To help others, sometimes it is better not to speak, not to use words; to use the vibration of your thoughts and good feelings that emerge from that state of silence.** That way you will enter the hearts that are trapped in darkness. Those hearts are in darkness, they have lost hope, and they are hurt, wounded, discouraged. From your silence you transmit to them the light with which they can find a way out. To receive it, they have to be willing. But if their time has not yet come, at least they will know that there are people willing to help from a silence that does not judge, does not complain. **A silence that accepts, appreciates and loves,** generating an atmosphere in which one can be oneself and feel free to change at their own speed, without feeling forced, but rather from understanding and love.

## Message for the day

**Where there is truth there is victory.**

**Expression:** As the saying goes, 'the boat of truth may rock but it will never sink.' When you are truthful you might temporarily experience dissatisfaction, but you will ultimately attain victory.

**Experience:** When you are going through a time which is difficult for you, remind yourself that the truth within you will ultimately get you victory. This faith will make you face all situations with a cheerful face.