

Today's Thoughts: February 07, 2020: Wisdom From Within



Wisdom From Within

Each day is filled with a hundred choices and decisions, and wisdom is our best guide. Wisdom comes from three places - experience, learning and our deepest intuition. Each day is an opportunity to gather and use all three. Experience comes from engaging with life, learning comes from observing, and intuition comes from listening to our self. At the end of the day sit down and write down what was the main experience, what did I learn and what did I hear...from myself? You did listen to yourself...didn't you?

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.

Soul Sustenance

Being A Good Transformation Agent (Part 1)

Often, we feel ourselves to be **victims** of different factors that **seem** to direct the course of our life without us being able to control them. The world does not seem to dance to our music and our will, and we feel ourselves to be **victims** because things do not work out or are not as we want. Therefore, we give up and decide to resign ourselves to this reality; to be **victims** of it and observe passively (non-actively), resisting what comes, getting frustrated and bad-tempered. However, we could position ourselves in another way: being **transformation (change) agents** (the ones who are able to change the external factors like people or situations) by creating a different reality. To do so we have to **change** our perception. Also, it is necessary to strengthen our capacity to **tolerate, accept, let go and forget**. Tolerance here also refers to **understanding, love and compassion** (kindness). Not to put up with people or things, but to remain above them, to go beyond them; to co-operate with trust and motivation. It is difficult for us to tolerate because we have expectations and pre-conceived ideas of how others should act and be. Then we create negative feelings towards them because they are not like that or don't act in the manner that we want. This makes our relationship with them difficult.

When your vision towards others is positive, you see their qualities, their efforts and their values instead of their defects and their errors. You are open to listening to them and to understanding their intentions. That way it is easier to have good feelings towards them. **Basing ourselves on a positive and objective vision and on good feelings, we do not have to put up with, or even tolerate the other - the relationship becomes streamlined.**

(To be continued tomorrow...)

Message for the day

When your heart is open and clean you will be humble.

Contemplation: Humility needs a good home to dwell in. When the mind is filled with negative feelings or biased ideas towards anyone, you cannot use your humility. So fill your mind with positive thoughts towards everyone.

Application: If you have negative thoughts towards anyone, make an attempt to remove them. Tell yourself that you don't like one particular aspect in that person and not the person himself. In this way you will help the other person also to bring about change.

The best dress is humility

I need to always wear the dress of humility. When there is arrogance or ego of any kind, there is no beauty in anything I do. On the other hand, humility brings the willingness to learn and grow. It also keeps me cheerful at all times. So, there is beauty in all I do. Today I will wear the dress of humility. I will consciously watch myself if I am caught up with ego of any kind. Feelings of inferiority or rigidity also come from ego. So, today I will be free from ego and do whatever I have to with the consciousness of being humble.