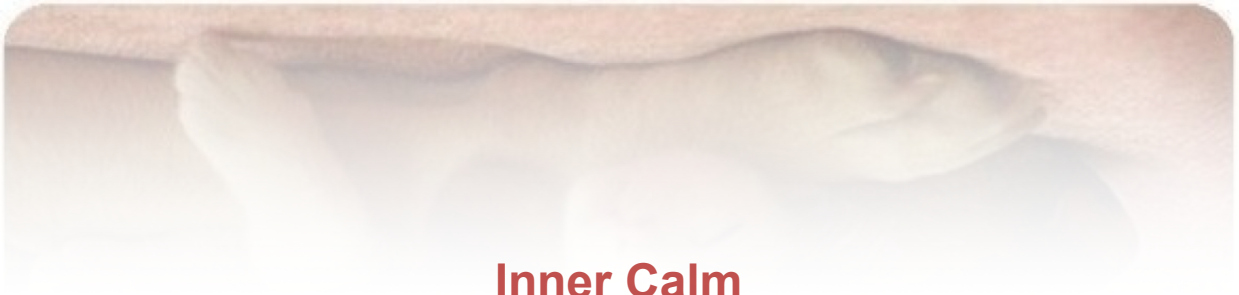


Today's Thoughts: January 03, 2020: Inner Calm



Inner Calm

Inner Calm remains when I am present in the moment and at the same time receptive to my relationship with others.

True cooperation is to have good wishes for even the one who harms.

Everyone needs the cooperation of good wishes to overcome their weaknesses. Good wishes makes them realize their own true worth and empower them to bring about a change. So, even for the one who harms, I need to have a feeling of mercy and good wishes and not hatred. This will help them at every step. Today I will think of one person who has not been good to me. I will work on my thoughts in such a way that I will have good wishes for this person. I will do something to have a thought of good wish for this person. The little help that I offer in this way, will return back to me too in the form of good wishes and blessings.

Choosing Peace Over Anger

Making the choice of peace is a simple choice, which lies in the hands of each one of us, at every moment right through the day, every day. A lot of people would choose a world, the world out there, made of peace but spend most of their time remaining peaceless in their own inner world, and then in their next door world, i.e. in their personal interactions. **A lot of us would prefer a life of peace and we try to shape up such a life, only to be influenced by the old belief about how it's absolutely fine to get angry once in a while, without which it's difficult to get things done.** We also get influenced by those people around us who continue to get angry for the shallowest of reasons. These people could be either at home, at the workplace, in the friend circle, the world at large or people who do not matter too much to us but whom we encounter every day - at the vegetable market, on the highway, or even in the movies for that matter! Unaware of the root causes of their anger, all these people around us will find a thousand ways to justify it, and will keep continuing with the habit in their lives. Their emotional un-clarity is so deep and addiction to the emotion of anger is so powerful that they will probably laugh at the idea that anger is a negative emotion and is form of weakness or suffering. They will, on the other hand, say that peace is timidity and a form of weakness or suffering. So, if you do **choose peace over anger** in your life then you are also choosing to be in a state of power and becoming free from suffering as a result. However, after having made that choice, to experience it in every moment of your life, it is necessary to rediscover where your peace is located inside you, it's true nature or essence, how to access it through meditation and finally how to use it or apply it in your daily life.

Soul Sustenance

God's Three Roles In The World Drama (cont.)

God As A Destroyer

There are many mythological stories all over the world about a revengeful God, destroying whole armies who dared to stand in the way of His chosen ones. The Mahabharata in India depicts the same, where Lord Krishna helped the Pandavas defeat the Kauravas, because Pandavas had love, devotion and respect for Lord Krishna and Kauravas did not. We have even gone to war, praising the righteousness of our causes and counting on God's support. Somehow the heart rejects the idea of a violent God who is a destroyer of life. **He is the destroyer of evil (and not of life) and the creator of virtue.**

The story of the Mahabharata. is obviously symbolic. It can be applied to the present moment in the World Drama, when the Supreme Father, the Incorporeal (non-physical) Father is with us and is helping us in our war. **Our war is not a physical one, our enemies are not our brothers, but our own weaknesses.** The weapons (shastras), which are shown in the Mahabharata in the physical form, are actually the weapons of knowledge and spiritual power acquired through meditation; with which we are able to bring down our enemies, our vices and shortcomings e.g. the discus (chakra) has a spiritual significance. It is shown in a physical form but is actually a discus of self-realization (swadarshan chakra). Swa. + darshan means self-realization. **Self-realization is achieved when one receives spiritual knowledge.** The Supreme Father possesses this discus, which he gives to us, along with other weapons (shastras). We, the chosen ones, the true followers of God, make our path easier for us through His powerful guidance. We leave suffering behind and make the journey to the other side - to a promised elevated world. **Our former captors (those who had imprisoned us), our weaknesses, try to follow us in the elevated future but are destroyed completely with God's help.**

Message for the day

Humility comes from an open and clean heart.

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

Solution: If I have negative thoughts towards anyone, I need to make an attempt to remove them. I need to tell myself that what I don't like about a person is just one particular aspect and not the person himself. In this way I will be able to change my own attitude and also will help the other person also to bring about change.