

Today's Thoughts: February 21, 2020: Gently Right



Gently Right

Determination makes you sit up straight and love everything, because it's all part of moving forward. Day and night you have the feeling that you only have to seek and can touch the hard core of wisdom that rests inside each moment. You can focus on that, let the toughness be in seeking that and then action is automatically as it should be. Gently right

Loving The One (Part 1)

Discovering the love hidden within every spiritual being for the One who has performed thousands of favours for us from the time we experienced a life devoid of love and happiness goes beyond prayers and hymns, devotional songs, chanting of mantras, reading of scriptures and idol worship. Instead of asking for love, peace and happiness from Him, always called by the male gender, whom we have called out to in many phases of the life and death, birth and rebirth cyclic story, in which we lost our way many times, we need to know a method of connecting with Him in such a way so as to empower our inner selves completely to bring about changes inside us that would fill us with what we were searching. There will always be love for this One since He brings with Him thousands of love filled surprises which the soul does not even believe it can expect from God, but He being the One with the most number of enchanting and pure treasures, will always be remembered as the highest One whom the world looks up to in times of trouble.

If we look back at our present birth, we will remember thousands of times when God has hugged us and taken us beyond sorrowful circumstances and trying problems. We have thanked God so many times that remembering the same brings us into tears and we realize that we owe a lot to this One who goes out of his way to forget his remaining children for that one moment, which we feel is our own personal moment with Him, as we continue to fall in love with His continuous favours that he showers on us and we promise Him again and again to be faithful to Him by sharing all that He brings into our life, with those children of Him who search for Him and are sometimes disheartened when they feel lonely or disappointed, when things are not as pleasurable as they desire. **So let us celebrate our long lasting loving relationship with not only thousands of loveful gratitudes but also by giving humane inspirations to His loving children so that they unite with this One, the amazing One.**

(To be continued tomorrow ...)

Soul Sustenance

Taking Responsibility, Overcoming Guilt (Part 1)

When you free yourself of guilt, you live in peace within. You take on responsibility and stop sentencing (punishing) yourself internally with feelings of guilt. **Taking on responsibility is constructive; it allows all your potential to remain awake and flow.** You feel free and unburdened. When you get it wrong, you can find different methods to relieve yourself of the burden that it might imply. For example, **being sorry for or feeling sad for something that you have done means that you are aware that you have acted against your own wellbeing or that of another. Realizing it is good; it is the base for any positive change.** The important thing is not to sentence (punish) yourself. Learn the lesson. Say sorry, if it is the right thing. Put it right.

Remember that yesterday has already passed. The past cannot be changed. You can't swallow the words that you said, since you already said them. You can't repeat the scene from yesterday in a different way because it already happened and stayed recorded on the film of this world drama. Therefore, don't repeat the words or the scene in your mind over and over again; doing that, you keep alive something that is dead, since yesterday already stayed behind. Learn from the error and commit yourself to you and to your life, promising to yourself that you will not fall over the same stone again. You will think about it before speaking or acting.

(To be continued tomorrow ...)

Message for the day

Happiness is earned by those whose actions and attitudes are pure and selfless.

Expression: When the actions are pure and selfless there is no trace of negativity. Where there is no negativity, the mind becomes free from feelings of guilt, fear etc. This automatically ensures constant happiness.

Application: If there is no happiness, there is definitely some kind of negativity. So check the actions that you perform. Let them be not only for your benefit but also for the benefit of all and you will find that you are able to be in constant happiness.

Use the present moment well

When the mind continuously dwells on the past, we miss out on the opportunities of the present.

So, if you're still thinking about something you don't need to be thinking about - stop!

Remind yourself: time is too precious to waste on time-wasting thoughts.

Become present and take the opportunity to use the present moment well.