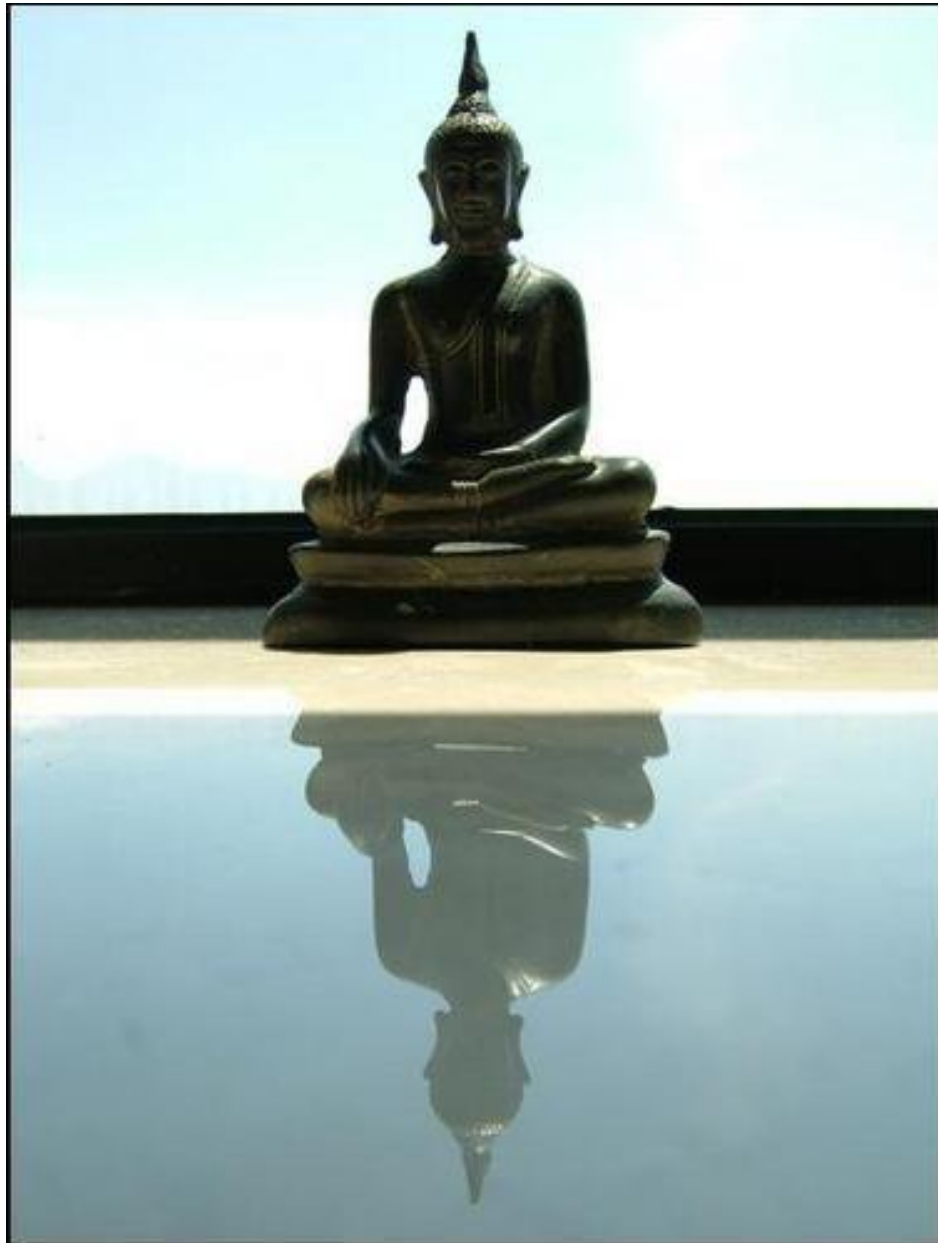


Today's Thoughts: February 17, 2020: Soul Reflections



Soul Reflections

Turn your mind away from distractions and have it face inwards to the inner being. Like a perfectly calm lake when all whispers of wind have stopped, the inner being shimmers, quietly reflecting the intrinsic qualities of the soul.

Mastery over mind is the ability to concentrate thoughts.

The practice of concentrating the mind on one thought even whilst being busy is being truly victorious over the mind. This practice helps in using all powers and qualities that are in me. Today I will take a thought and remind myself of it from time to time. A simple thought like "I am the creator of my thoughts and so the master of my mind" or "I am powerful" or "I am special". Such thoughts, when reminded from time to time in my busy schedule, helps me practice mastery.

The Power To Transform Emotions (Part 1)

As with feelings, **when emotions are aroused, there are physical changes inside the body in the form of chemical and electrical activity.** In fact, **strong emotions don't just affect the body; they also have an impact on the soul.** When the soul suffers emotional trauma, from which there is lasting impact, the emotional trauma brings about an immense strain on the brain and body. Brain chemical production is likely to be affected, and there may also be feelings of depression and tiredness. But the real trauma at the root of these physical effects is at a deeper level within the soul itself, and the resulting emotional sensitivity will also arise from the soul.

e.g. I suffer a series of losses or setbacks in my business that causes a lack of confidence and self-respect inside me. A *sanskara* of low self-esteem is created inside. As a result I become emotionally unstable and sensitive. I'll show a tendency to react emotionally with extreme sorrow (may be in the form of depression) or extreme anger (sometimes in the form of an outburst) whenever there is a similar setback that touches this sensitivity. A person who has not suffered similarly in the past and does not have a *sanskara* of low self esteem, and as a result does not have this tendency, will not react in a similar fashion under similar circumstances.

(To be continued tomorrow ...)

Soul Sustenance

Experiencing The Stage Of Being A Detached Observer

Experience the stage of being a detached observer by gradually creating the following thoughts:

I am aware of the present moment and of time... The whole world is out there... I let go for a moment of what is happening around me... It is as if the world continues to turn, but I have stopped for a few minutes and turned into an observer... Mentally, I take a step back... I look around me as if I were in the inside of a room... the room of my mind... In this place, I can be with myself... at peace... calm... free... Here I do not have pressures, or worries, or fears... Nothing and nobody can influence me... I can think... see things as they really are...

I am sitting like an observer, seeing through two windows... These windows are my eyes... I am not my eyes... I am aware of who is looking through these eyes, a tiny sparkling star like energy, the soul... I am different from everything I am seeing... I perceive that separation between the observer and the observed... I observe the things that surround me without judging, without analyzing... I simply observe, remaining at peace with myself...

I see this world as a stage of a great unlimited theatre play... each human being is an actor, a soul playing their own role via their physical body... I simply observe from my inner room... things come and go... nothing is permanent... I do not need to worry about anything or anybody... I let things be... flow... I am at peace... calmed... I share this vibration of peace with all that surrounds me.

Message for the day

When you have the faith that things will turn out to be the best you can enjoy whatever life brings your way.

Contemplation: Throughout the day you will come across a lot of seemingly difficult situations. But if you have the faith that whatever happened was good, and whatever is happening is better, you will be able to enjoy each and every moment. You will also be able to learn from your mistakes.

Application: At the end of each day think of all those things that happened wrong and see what you have learnt from them. When you are sure that you have learnt something you will understand what has happened was for the good.