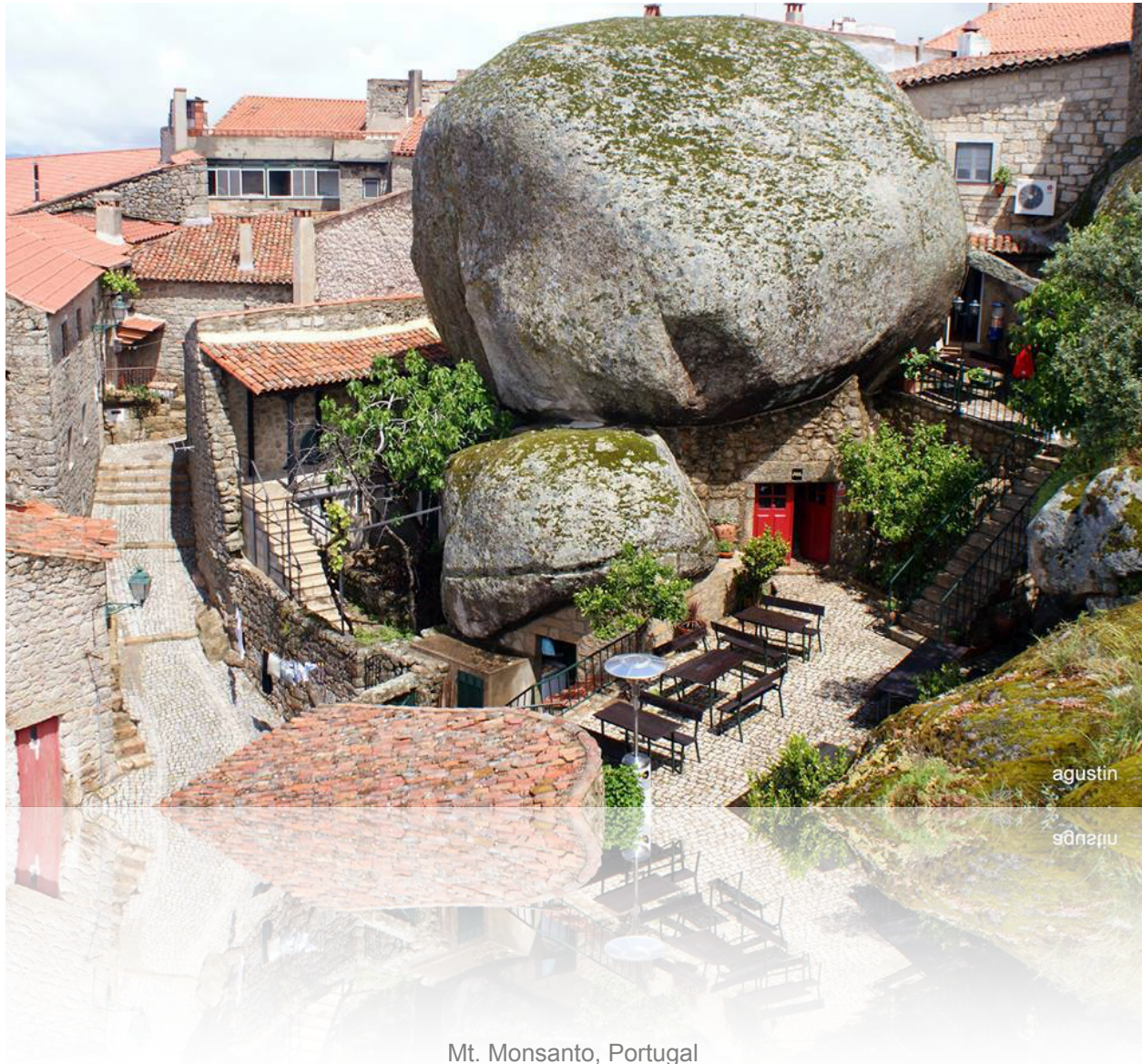


Today's Thoughts: March 08, 2020: Harmony



Mt. Monsanto, Portugal

## Harmony

All things have their time. All things have their answers. All things have their right to be. Accepting this reality, all things come into harmony.

## See Humour in Life

Do you easily get uptight about things? Is it because you're trying to control everything? Is it because you take everything too seriously?

Loosen Up. Focus on the things that you can have an impact on and learn to accept everything else that's out of your control.

And lighten up. Smile more, laugh more and see the humour in life, instead of taking everything so seriously.

## 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 ...)

## Soul Sustenance

### The Influence Of Your Thoughts, Intentions And Attitude On Your Destiny (Part 1)

We constantly carry out actions on this world stage. Each and every action is always motivated by an intention, and has an attitude and behavior connected with it. **According to the intention and the attitude with which you carry out a particular action, the action will return to you in a beneficial, negative or neutral way - the law says so.** Nobody is above the natural laws of cause and effect. **These laws function each time that you think, feel or act.** For example, if you have a negative thought and you water it with your attention and develop it for an hour, or if you get up in the morning with negative thoughts and these thoughts remain in your consciousness for some time, this negativity will return to you. As a result, perhaps you feel depressed or angry, with a headache, a weakened immune system, little energy and you have a bad day.

**Your thoughts affect yourself, other people and matter. Thoughts also affect the environment.** Children and animals pick up the vibrations of others; sometimes they go spontaneously to a stranger or at times keep a distance from someone who is known to them. Some pet owners do not trust a specific person if their pet, say a dog doesn't like the person or keeps a distance from him, because pets have higher perception powers. **Being in harmony with someone's vibration means that you pick up the quality of their thoughts.** A person with a good vibration thinks positively and carefully. On the other hand, a person with bad vibrations, perhaps, has a lot of anger, hatred, ego and laziness in their thoughts and attitude.

(To be continued tomorrow...)

## Message for the day

**To be seated on the seat of self-respect is to be truly great.**

**Expression:** The one who is constantly in the stage of self-respect is constantly stable. And because of this stability he always has the right authority. This brings about right decisions too and he moves forward with ease facing all situations.

**Experience:** When I am aware of my own specialities and work with them I inspire others too to recognize my positive qualities. I also never have ego but am able to remain humble. This humility enables me to win the respect of others too.