

Today's Thoughts: February 12, 2020: Greed



Hope Diamond

Greed

Diamond alone can cut another diamond and a thorn alone will have to be used to remove another thorn. The tendency to be greedy can be cured by another facet of greed. Instead of showing attachment towards worldly objects, one's attention should be directed towards divinity. We can be greedy to acquire spiritual knowledge. Let me possess a deep desire to develop forgiveness, politeness, straightforwardness and peacefulness.

To be a trustee is to use all treasures well.

We do have a lot of treasures. But we need to understand that we are entrusted with these treasures so that we can bring benefit to others too. When we put into use treasures like our thoughts, values, skills etc for the benefit of others, we are benefited too. So, we need to use all these treasures as a trustee. Today I will say everything that is mine belongs to God and is meant for His service. This ensures that I don't waste or misuse any of the treasures entrusted to me. I use it well for others, as well as for myself.

Entering Into A Land Of Forgiveness (Part 3)

There is a saying in India that in a home where the fire of anger exists, pots of water also dry up. Anger is a name given to a large collection of desires that exist inside the human consciousness which prevent us from forgiving. **Filling the emotions inside our mind with love and pacifying the emotions of subtle desires is the second step in creating an environment of forgiveness wherever we are.** Imagine a world without the numerous desires that exist in our lives - *I need, I want, I own, I expect, I am right, I envy*— these are subtle fires that burn up the energy of pure soul-to-soul love, that exists inside us instinctively, because we are children of God, the Supreme Soul, who is an Ocean of love.

So waking up in the morning and starting the day with a warm *Good Morning* to this Ocean of love and having a heart-to-heart conversation and a deep loveful communion with Him and filling myself with the deepest pure love existing in this complete Universe, is paving the way for my heart to be cleansed of the various ego-based emotions and for it to become moulded as a forgiving one, because the more I fill my heart with God's love, the more I am enriched with soul-to-soul love and the more sweet and humble I become. And such a transformed me, then is able to win the hearts of each one and create an atmosphere of love and forgiveness around me, which is my vow (promise) to the Supreme.

(To be continued tomorrow ...)

Soul Sustenance

Simple Exercise For Experiencing Inner Peace And Compassion (Kindness)

Sit comfortably and relax. Now focus your attention on your breathing... let it find its own calm rhythm... gently breathe in peacefulness and breathe out any negative feelings.

Allow your mind to slow down... do not judge your thoughts as good or bad, accept them and let them go.

Now focus on your inner peace...that place that is deep within yourself... that is peaceful... where your inner compassion (kindness) and forgiveness lies... here you are patient, tolerant, generous, understanding... all these qualities are here which make up your inner compassion. Experience the feeling of compassion... and see it focused as a point... a point of light... situated at the center of your forehead.

Now raise your awareness beyond yourself... to a place of unlimited peace... see it first as a small point of light. As you move towards it, it becomes brighter... it is like an ocean of peace... a space of calm, of love, of compassion... you feel connected to that ocean of deep peace and love... it surrounds you like a shawl, it fills you up, absorbing every part of you with a comfortable warmth.

Rest in that feeling of being loved... it is like energy... a vibration... a light filling you... until you overflow...

Now, slowly you move away from the ocean – as a point of light. You still have the memory of being loved... and can reconnect at any time you want.

Gradually become aware of your body.

Message for the day

Perform every task while in your self-respect and others will continue to cooperate with you.

Contemplation: When you are doing something and you are in your self-respect, it creates cooperation. On the other hand if you have ego because of which you expect others to recognize your work and appreciate it, it creates competition and jealousy.

Application: When you find someone not cooperating with you, check within yourself why you are performing that task. If there is the slightest feeling of trying to prove yourself, remove it. Let there be the thought in the mind that you want only success in the task and nothing else.