

Today's Thoughts: March 30, 2020: Flexibility



Participants for the International Yoga Day practice among the ancient ruins of Angkor Wat

Flexibility

With humility and love, flexibility becomes natural. When I come across someone who is not being co-operative I need to become humble and try to understand what the other person is communicating, if not through words at least through actions. When I am able to listen with love and understanding, I will not be rigid anymore but will be able to adapt to communicate and co-operate with others.

Talents

There are some very smart people out there, people who have more natural talent than others!

Even though natural talent still counts, talent is much more than a natural aptitude.

Talent is to work hard towards a goal, consistently.

Hard work is the key to success.

Simply, work hard and make hard work, easy and enjoyable.

Seeing With Spiritual Eyes

My eyes are the most powerful medium through which I, the soul, not only absorb information from the outside to the inside but also express myself to others from the inside to outside. **All that the soul possesses inside it or is made up of in the form of thoughts, feelings, attitudes, positive virtues, even weaknesses, in fact all personality traits, are expressed through my eyes to others and shared with others.** As I look towards others, my eyes can be used to shower others with pure love, peace, joy, power etc. and the same eyes, if not used appropriately, can shower others with anger, jealousy, criticism, hatred etc. My eyes also express whatever wisdom or knowledge I possess inside.

When I stay in the awareness that I am a soul, a spiritual being of subtle light, situated at the center of my forehead, my eyes are used to see others in the same way with a spiritual vision. This leads to my spiritual upliftment. When I stay in the awareness that I am a body, my eyes are used to see others in the same way with a non-spiritual or a body-conscious vision. This brings me down on a spiritual level. **A spiritual vision helps me see others with a sense of equality, instead of with feelings of comparison or competitiveness.** Usually, on a physical level, I create all sorts of impressions of another person from just one glance through my eyes, about their age, gender, looks, position in society, job, how rich they are, their dressing sense, caste, nationality etc. and many a times, very commonly, I make various assumptions about their personality or behaviour. In the state of soul-consciousness, that changes. Looking out I see souls, and I see them as my brothers, on exactly the same level as me, neither higher, nor lower. A spiritual vision reminds me of the original, positive qualities of each soul, instead of their present personality. It also reminds me that **each soul has incarnated from the soul world to play its various roles through different physical costumes in this unlimited drama on the world stage. Age, gender, appearances, status etc. which are visible to me today are just temporary ones. The same soul has been in the past and will be in the future in different physical costumes or roles, where all these have been and will be different and the same applies to me too.** This makes me rise above comparisons and I am no longer judgmental about the other.

Soul Sustenance

The Negative Shade Of Respect In Relationships (Part 1)

Many a times in offices, we find the dominating boss who wants everyone in the office to fear him or her. The boss may not necessarily be a person with a negative personality, but this desire exists inside the boss because he or she holds a **negative belief that people fearing him is the same as respecting him** and respect is something that any boss would naturally yearn for. This can happen in homes also, with a dominating father or a dominating mother doing the same with the other members of the family.

The main reason why this happens is because the boss or the father or the mother **is normally lacking in self-respect**, although he or she is unaware of it. Due to this, he or she, without realizing again, **is looking for it from others and in fact over a period of time, as the need builds up or increases, he or she will start demanding the same from others, which takes a form of the negative energy of fear in the relationship.** The boss or the father or the mother starts feeling that the sign that he or she is successful in achieving in getting the respect he or she wants, would be the other fearing him or her. Simply getting someone's attention or the other being in awe of him or her or the other being under his or her negative influence which are all subtle forms of fear is then mistaken for being respected, and if he or she does not receive respect in this incorrect manner, he or she will even try and bring about the creation of respect in the other and try and pull it from the other using various methods which are violent in a subtle way, harming the relationship in a big way.

In tomorrow's message, we shall look at this type of relationship from the other's i.e. the employee's perspective or the perspective of the other people in the family in the case of the father or mother.

Message for the day

The right solution is found by the mind which is free from worry.

Expression: No matter how hard one worries about a problem, there can be no solution found. When the mind is free from worry, it is able to be calm. Then there will be no struggle but very naturally the right decision is made, which would be for the benefit of the self and that of others too. On the contrary, a mind that is worried would make decisions that are harmful, even after a lot of thinking and rethinking.

Experience: When I keep the mind free from worry in the most difficult situation, I am able to experience inner calm, in spite of the outer disturbance, because there is no disturbance in my natural thinking process. There is a lot of peace within, which enables me to be free from negative feelings for everyone. I also naturally have good wishes for myself and others, so whatever I do would be for everyone's benefit.