

Today's Thoughts: January 02, 2020: Push Yourself



Jonathan, the 182-year-old tortoise at the home of the St Helena governor

Push Yourself

To move ahead, make a point of stretching your mental muscles.

Did you ever notice, the tortoise only moves ahead because he sticks his neck out?

Power to Choose (...continued)

With whom does the choice to make your decisions lie? Are you going to be dominated by your fears and others. negatively powerful influences, which paralyze your judgment power and confuse you sometimes or are you going to exercise your choice? When someone dominates you, they control you and make you feel irritated, frustrated and weak; they satisfy their own ego like that by controlling you and bringing you under their influence. You need to decide if you are comfortable being a victim of the other by being the one who satisfies the egos of others. It is not a very healthy attitude, on their part, but it happens in many relationships and we fall prey to that, because of a lack of spiritual power. Get back your personal ruling and controlling power and do not be afraid to be free and responsible for your choices. From today on, promise yourself that you will not allow your husband or wife, or children, or your friend, or mother-in-law, or your office colleague, anybody for that matter, influence the power of choice, the power to decide, that you possess. In the end, that way they will be happier; perhaps not at first, because a power game is created. Your personal freedom will lead to a healthier relationship, in the long run. Its fine to take an opinion or a viewpoint or support from someone, but there is a fine line between that and being controlled by someone, which we, many a times cross, and become a victim.

You are free when you take responsibility for what you are and how you feel. In meditation you can realize everything that has influenced you and know how to clear it, so that only the highest, the most positive influence you. This depends on each one of us. In our present society, there are many influencing factors, from the most negative, violent, corrupt and mediocre, to the purest, highest and most spiritual. It depends on each one what you want to consume and allow to be influenced by.

Effort To Manipulate The Law Of Action

Human laws can be adjusted, manipulated and even ignored by some, but no one can do the same with the Law of *Karma*. On the physical level, there is no time interval between an action and its reaction. If I throw an object in the air, it falls back immediately with the same force. With the Law of *Karma*, however, there can be a delay between the action and its result or fruit. The seeds of certain actions (negative or positive) bring immediate fruit. Others can take years or even many births to bear fruit. If I eat too much ice-cream, I will see the result or karmic effect of the negative *karma* of greed within a space of ten-fifteen minutes in the form of a headache or after two days in the form of a cold and flu. This is an e.g. in which we realize the working of the Law of *Karma*, we realize clearly the cause and its effect, but on a subtle level, when we see the effects of actions, we do not realize that the cause may have actually been in a previous life. There is a total connection between the cause and the effect.

When we analyze a natural calamity such as a major earthquake that uproots buildings and trees, overturns vehicles and kills thousands of people. The physical cause may be tectonic activity associated with faults inside the earth's surface but at the same time, we realize that such a calamity could have its roots in a process initiated by human beings a few hours, days or months ago - an e.g. being testing of nuclear weapons. On a personal level, I can say that there is nothing which happens to me for which I am not responsible. Whether I remember what I did to make it happen or not, whether I realize it or choose to ignore it, I am ultimately responsible.

Soul Sustenance

God's Three Roles In The World Drama (cont.)

God As A Sustainer

We need to understand God's role clearly as a sustainer. **We have to understand the difference between physical and spiritual sustenance.** We may think that God is the sustainer in the sense that He gives us our goods, wealth, health, food, water, air and so on. If that were so, why should He give more of these things to some and not to others? Why do poverty, starvation and disease exist if God is a sustainer and provider of all in the physical sense?

Whatever I do or do not possess I have earned for myself. It is not God who pays us our salaries. Whatever fruits I earn are the results of my own efforts. As a spiritual sustainer, He fills us with His **power and virtues like peace, bliss, purity and happiness.** He also shares with us **spiritual knowledge and bestows his love and blessings on us**, all of which help us in our spiritual effort, so that we can transform (change) ourselves and does not provide us with food and wealth.

(To be continued tomorrow.)

Message for the day

Humility enables people to realize their mistakes and correct themselves.

Projection: Real humility results in so much power of truth that we don't need to say anything at all in words. The very power of our inner state of being will make the other person realize the error of their ways.

Solution: While giving directions or corrections to someone, I need to check my own attitude, reminding myself of the humility within and only then say what I have to say. With humility my words will be for their benefit and this will enable them to learn.