

Today's Thoughts: March 29, 2020: Bring Light



## Bring Light

There is some darkness in most human minds today, so there is a darkness component in most scenes and situations. Why else is there so much unhappiness and sorrow in the world? So how much value can be given to someone who is able to bring light and lightness to a place or a moment, where others have brought their dark? Like a crown of sparkling jewels, their presence and their words are priceless. It may only be a gentle smile of comfort, an attitude of genuine interest, some words which diffuse an awkward moment. Those who stay light in spirit while others weave their dark are both illuminated and illuminators. Watch out for such a moment today where you may illuminate. Make that moment momentous!

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## Days of Happiness

Don't give sorrow, don't take sorrow! The qualities that stop me giving sorrow are mercy, love and honesty. If someone has these, they will never even think of giving sorrow.

In fact, the moment you stop taking sorrow, your days of happiness have begun. It is up to you whether to take sorrow or not.

## **Reversing The Flow Of Love In Relationships**

If we ask someone who do they think has caused them the most sorrow in life, most will point out to someone they love or had loved a lot. Why is it so? It happens like that because **we believe that the energy of love will come from the outside and will fill us inside.** The energy of love from the other will fulfill our inner desire for the experience of love. Due to our own need, we attach ourselves and hold on to a particular person whom we love a lot, believing that they will fill us with the love that they possess inside them, which will make us stronger, fuller and more content. So we start depending on the other person for this need. When he/she is not able to fill us, which happens many times, we experience sorrow. **Love is an energy, which exists inside us. It always goes from the inside out and reaches out to the other and brings benefit to the other. It does not come from the outside in.**

If we try and reverse the flow of love i.e. we make the energy of love come from outside in, we start depending on the outside for love, which results in the vacuuming effect. When you vacuum to clean your living room, you absorb the good and the bad. If you have dropped something very small, but valuable and of utmost importance to you, on your carpet, the vacuum cleaner absorbs it or takes it away, together with the dust, which is negative and of no value to you and which you do not want inside your home. **When you live with the vacuuming effect on an emotional level, you absorb the love, care, concern, virtues, powers, specialties, energy, etc. of the person you love but you also end up absorbing their weaknesses, their worries, their fears, etc.** That way, a dependency is generated that is counter-productive and causes emotional pain. That does not mean we become cold and stop accepting love from others, but we are no longer dependent on it for our inner well-being and happiness. Also, on the other hand, we keep radiating or giving love. When we give love, we experience it ourselves first and that's what we want - an experience of love, isn't it?

## Soul Sustenance

### The Spiritual Seed And The Human World Tree

Spirituality introduces **God or the Supreme Being** as a seed, a point of reference, the spiritual Pole Star, remembered by all souls all over the world. But over a period of time, with an experience of linking my mind and intellect with Him, we realize that **although He is a seed, a point, He is a not a non-living seed but a living one with a unique personality of his own, a personality which no one can match, a personality of spiritual truth, of beauty, of purity, of generosity, of love, of giving, of peace, of humility, of bliss, of power, of sweetness etc. How is this possible?** We normally think of a seed as inactive or dormant, despite the enormous potential that lies within it, due to which it gives rise to a complete tree and bears fruits and other products. God is the seed of the human world tree. When I see virtues around me, whether it be in all human souls including deities, prophets, saints and the founders of the great religions or animals or nature, I know that ultimately this comes from God but God is not all pervasive, i.e. he is not present in all humans or nature or in the divine souls, but everything that is good in them comes from the virtues that are present in God or basically from the personality of God (mentioned above), because the tree is the creation of the seed, so all that is positive in the tree has come from the Source, the seed, perhaps sometime in the past. But, despite the goodness which is visible; today, peacelessness and pain do not seem to have reduced, and have probably increased, if we look behind the false covering of material success. The goodness is only in small patches. So what is the need of our times?

To spiritually uplift myself, I, being a part of the creation, a part of the tree, need to catch the positive energy within God, the creator, the seed. This energy is subtle, in that it is non-physical, but it is also glowing like light, and in meditation I can catch that glow, absorb it and feel its spiritual embrace healing me and making me complete or full. **At the present moment, recognizing this need, the Supreme Being is shining the light of His personality through pure thought and vibrations more brightly than ever into the human world tree,** inviting us: *Oh sweet child, come and reclaim for yourselves your birthright, the inheritance of truth, by absorbing the qualities inherent in me through meditation or a spiritual link with me and making them your own.*

## Message for the day

**A powerful stage is like a switch which finishes darkness of negativity in a second.**

**Expression:** Darkness is dispelled when a light is switched on. Similarly, a powerful stage is also a light switch. When this switch is on, one can put an end to all wasteful darkness and no longer have to labour to stop any wasteful thoughts. By becoming powerful, one can naturally become a donor, as there is nothing waste within.

**Experience:** When I am aware of my positive qualities and what I can contribute to others, I am able to be powerful. This naturally enables me to be light and spread the inner light to others. I am never influenced negatively with any kind of waste or negative, but am always able to maintain my own positivity and that of others too.