

Today's Thoughts: February 04, 2020: Do Something Different



Do Something Different

The world is filled with worry and sorrow. Just for today, do something different. Create thoughts and words that give only happiness.

Life Beyond Life (Part 1)

Have you ever looked at a new born child and glanced at the expressions on his face? Why is there a magnetic aura about a baby's features that attracts one and all? The innocence, the sparkling smile, the beautiful eyes, the angelic cheeks, the shining forehead, the round, cherubic (pretty) face and the soft whispering sounds makes one wonder what is so special about the spiritual energy inside such a baby that talks to us and tries to convey so much as to move us and even bring tears in our eyes. **Such a spiritual energy is in a state of nirvana or a meditative state or a soul conscious state, a state which we as adults, practice to achieve.**

We would like to share with our readers that in the nine month gestation (pregnancy) period of a mother, the spiritual energy which has to own a particular physical costume, enters the womb of a mother and adopts the physical foetus (which is semi-developed) as its own in the fourth or fifth month. A wonder of nature is that a spiritual energy that has been exposed to different types of situations and relationships and played different roles as an adult in its previous life in a state which is not really spiritually self-aware, more of a state which is focused towards the gross or material existence, suddenly forgets all that and becomes a very pure and divine being temporarily as soon as it enters the fetus inside its mother's womb, a being that is cut off from physicality and almost in a thoughtless state of meditation – here by meditation we mean a state that is self-aware or soul conscious, not in body consciousness. It even forgets its past life almost completely and starts adopting itself to the new environment inside the mother. **On one side its physical body continues to receive physical sustenance from the mother as before its entry and on the other side it vibrates its mental energy to its physical body which also helps it grow physically.** As the personality of the spiritual energy, so is the energy radiated, resulting in a healthy or unhealthy body. Once the baby is born, a few subtle traces of consciousness or remembrance of the past life do remain inside the spiritual energy, because of which sometimes when these remembrances surface inside the minds of babies, they smile or become sombre (serious) or even cry in their sleep, depending on the type of past remembrance.

(To be continued tomorrow ...)

Soul Sustenance

The Role Play Of Thoughts In Relationships (Part 2)

Husband-wife relationships, sometimes, are like castles of sand, extremely pleasing to the eye, but based on weak foundations and susceptible to destruction when challenged by negative tides of clash of opinions, personalities or lifestyles. In such relationships, **the castles look good from outside because of energies like acceptance, trust, understanding and *letting go* existing on the surface** i.e. these energies are displayed by both partners to each other in the form of words, gestures and actions **but these castles can easily collapse because the foundations of these castles i.e. thoughts and feelings carried by the partners in their minds are filled with expectations, rejection, mistrust, misunderstandings, possessiveness and suspicion** at times along with the positive emotions which are displayed in actions. Also both partners feel they have made their respective positive contributions in the relationship and so the same is expected from the other side, which is not fulfilled at times, further increasing the problems in the relationship. At the same time both partners are oblivious (not aware) of the negative emotional, much more powerful forces that exist inside them, which go against the positive contribution and are silently working on the castle of the relationship from below, ready to bring it down anytime.

Another e.g. - in corporate circles, apart from the external objective of profit making and generation of revenue and jobs, an important internal objective of any good corporate organization is creating a peace, love and happiness filled as well as obstacle free atmosphere in the company, which will be conducive (helpful) to the external objective. **One spiritual principle states that the leader or CEO or Managing Director of the organization is like a seed of the organization, whose every thought reaches out to and influences every person of the organization as well as the organization as a whole. A second spiritual principle states that the internal ruling and controlling power of a leader of an organization is directly proportional to the handling (of the people of the organization) power of the leader.** If in the inner confines (boundaries) of the leader's mind, obstacles of waste and negative thoughts exist i.e. the inner atmosphere of the leader's mind is not full of peace, love and joy, then as per the first spiritual principle, this gets transmitted to the people under the leader and as per the second spiritual principle, such a leader who is lacking in mind ruling power and mind controlling power is automatically lacking in handling power of people under him. Such a leader, due to the application of both these principles, is ineffective in creating a positive environment in the organization.

(To be continued tomorrow ...)

Message for the day

True humility comes when you are in your self-respect.

Expression: When you are full and in your self-respect, you will be able to remain humble in all situations. When there is no self-respect, any comments or criticism hurts your ego and you tend to lose your humility.

Experience: When you find yourself getting affected by criticism, check whether you are sure of what you are doing. Increase your own confidence in whatever you do and you'll find yourself humble.

Why do we delay doing what we know we need to do?

Is it because we feel we 'have to' to do it? Is it because we cannot clearly see the benefits?

Is it because we will need to move some twigs in the nest of our comfort zone?

Is it because we fool ourselves into waiting till we feel like doing it?

Is it because someone else might be more advantaged than us?

Is it because we are just plain lazy?

It's probably a bit of all of those. But one thing is for sure - you've already done it in your mind! And as long as there is a gap between your thoughts and your actions then there will be an inner tension which is draining your power - whether you are aware of it or not. Do it, delegate it or dump it!