

Today's Thoughts: January 25, 2020: The Secret of Happiness



The Secret of Happiness

The secret of happiness is to be free of fear. Fear is like a toxin that runs through much of our thinking. It feeds on insecurity, feeling of loss, loneliness, inadequacy and attachment.

You are lovable and loving. Accept this as Truth. Appreciate and care for yourself - truly, deeply, intensely, in a way that reflects your real value. Then you will automatically have the same regards for all other living beings and things.

To remove waste is to ensure there is power to transform.

We do want to bring about a change in our lives, but most times we are not able to do so. This is because; a lot of thought energy is getting wasted in unnecessary things. Any thought which is not brought into action in the right way is waste. So, we need to check and change such thoughts, so that there is power to change. Today I will check the quality of my thoughts from time to time (at least 5 times today). If I find myself thinking something that is not useful (it may not necessarily be a negative thought), I will change it with a nice positive thought. This practice will help me recognize what is waste, and then work to change it too.

Overcoming Sorrow By Regaining My Original Texture Of Purity

Unless the soul regains its original *sanskars* of purity, it cannot escape suffering and grief. Purity is the foundation of peace and bliss. And for purity the soul requires the removal of every trace of negativity. Souls are burdened with the accumulated negative *sanskars* of their previous births, the extent of which varies from soul to soul. According to the law of karma, the soul has to experience suffering as a result of its wrongful acts. **A pure soul does not suffer. The evidence that most human beings are bearing sorrow in some form or the other shows that nowadays souls are carrying a load of negative *sanskars* resulting from wrong actions committed in this and their past lives.**

A question can be asked - *Can a soul be relieved of all its past negative actions through suffering for the same in its present life?* Not really, because due to the cyclic nature of the thought process there is a cumulative effect of negative *sanskars* which forces the soul to perform more negative actions than it can clear through suffering. That is why the degrees of purity of the soul decrease continuously. The downfall becomes steeper due to the cumulative effect of vices. Negative *sanskars* give rise to negative thoughts which lead to negative actions, resulting in the formation of still more negative *sanskars*. Thus, souls are caught in a downward spiral from which they are unable to release themselves. **Meditation, however, opens the door to God, and through rising above all physical laws, one can set oneself free from the effects of all wrong actions.** Through connection with the purest Supreme Soul, the *sanskars* of the soul are automatically purified and it moves further towards its original state of purity, peace and bliss.

Soul Sustenance

Experiencing Spiritual Growth Through Group Interactions (Part 2)

As explained in yesterday's message, if you are living in isolation you don't become aware of the dimensions of your ego and, therefore, you cannot overcome it.

Also, the beauty of group interactions or being a part of a spiritual community or any other group, is that in groups, various powers like the power to:

- * adapt and mould oneself with people of different personality traits and as different situations in the group demand;
- * tolerate;
- * face negative situations in interactions;
- * forgive and forget;
- * become a detached observer of situations and people's actions, not to get over involved, in order to maintain one's stability and calmness;
- * co-operate;
- * communicate;
- * see and absorb only specialties of each one (inspite of obvious weaknesses being visible) and spreading the specialties (not weaknesses) to the others in the group, by way of praising and not criticizing them;
- * listen, understand and empathize;
- * discriminate and judge different situations and people;
- * go into inner silence, whenever required, amidst the actions and interactions of group activity;
- * show respect to each one and remain in self-respect;
- * remain content or satisfied and make the others content; etc.

are absolutely necessary to experience success in the groups, either within the relationships with others or even with the self. There is a difference between experiencing success with the self while staying alone and within a group. By bringing the above powers into practice in a group, they increase further inside us. This does not happen in isolation, or if it does, then the extent is quite limited. So basically, being a part of a group, brings about greater spiritual growth and empowerment.

Message for the day

Where there is love, the hardest task becomes easy to perform.

Expression: If something is difficult, it means there is no love. Where there is love, even a task as difficult and big as a mountain becomes as easy and light as cotton. Love makes work easier and lighter.

Experience: Today is the day to love your work. Whatever you are doing, remember that you love your work. Experiment with one thing that you have been finding it difficult to do with a reminder to yourself that you love it.