

Today's Thoughts: March 26, 2020: First Change



First Change

When you do not upset yourself thinking about how others must change and instead you concentrate on your own change, good things start to happen. First, you will feel better about yourself. Second, you will start to have positive feelings towards others and start to understand them. Third, others start having a more positive attitude towards you.

Dancing To God's Flute Tune (Part 2)

Recognizing God's role as a teacher is the first step in developing the faith that God has at the present moment descended on the planet Earth to give the knowledge of Himself, the soul and its 84 different roles in the eternal world drama which is the maximum number of roles a soul can play in the 5000 years world film, which can also be called a drama. **God also imparts the knowledge of this complete world drama**, exactly what was the state of the planet in the beginning and how things changed as time passed, how human souls fell from the pedestal of soul consciousness and succumbed to the dust of body consciousness and how they started worshipping and calling out to God after the fall, as sorrow increased due to incorrect *karma*, *karma* which was against the basic and original nature of humans, which was the same as the nature of God at the beginning of the world drama. This is because God transforms the nature of humans to become like His nature at the end of each repetition of the world drama, to begin a fresh repetition.

The next step is listening to the flute of knowledge, not a physical flute, but the sweet sounds of God's voice transferred through His appointed physical medium and dancing to this flute tune, experiencing super-sensuous joy, joy that surpasses the highest possible joy that exists due to material comforts, or joy from the physical senses of touch, sight and taste. This joyful dance to the sounds of God's flute of knowledge has been depicted in the *Bhagavat* scripture in the form of *gopis* who used to run on hearing Krishna play the physical flute to hear the flute tune, again a representation of the incorporeal (non-physical) Supreme's flute of knowledge and the dance of the *gyan gopis* or the *gopis* (beloveds) of knowledge mistakenly shown as the companions of a physical Krishna in the *Bhagavat*. The *Bhagavat* is a different scripture from the *Gita*, where God is shown as a Supreme teacher. Also, listening to this flute of knowledge, not only gives joy, but also removes the vices or weaknesses that are prevalent inside the human instinct due to a negative past in the latter part of the *karmic* cycle or commonly called world drama.

(To be continued tomorrow ...)

Soul Sustenance

The Law of Belief

Beliefs are concepts that you consider real and true, and you do not question them, even though they have no logical explanation. If we believe in something strongly, if we think that we can achieve something, then we will. What we believe will come true.

We can classify beliefs into five groups:

Beliefs about defects and weaknesses: These beliefs produce thoughts in our consciousness like: *I am no good, I cannot do this, I am useless, I won't manage to complete it.*

Beliefs of survival: These beliefs produce thoughts such as: *Life is short. Get whatever you can at any cost whenever you can.* Life's decisions are taken based on these beliefs without taking into the account the repercussions (effects) they may have on our health, our relationships and our future.

Beliefs that create blocks: When we label someone, we are no longer open to try and understand them. For example: *My boss is really egoistic.* This type of belief blocks the flow of our positive energy and stops us from connecting openly with these people.

Beliefs that strengthen the self: For example: *I am capable, I can do it, There is nothing I cannot be or do if I really want to, I will overcome the difficulties and meet the challenge.*

True beliefs about ourselves: They are connected to eternal certain truths, such as: *I am a spiritual being, I am eternal. God is my spiritual father.*

To assure us that a belief is true, we must first believe in it. Then we check it in our consciousness and if a belief is true it will become an experience. If this does not happen, we are doing something wrong or this belief is not correct.

Message for the day

To accept advice is to ensure self-progress.

Expression: The natural state of the self is to ensure progress. Everything that is done by the self is for its progress. But the one who rejects advice rejects the progress of the self. To accept advice means to take the chance for whatever benefit that comes my way.

Experience: When someone corrects me or gives me an advice or suggestion, if I accept it in the right spirit, I'll constantly learn from it. This will enable me to experience constant progress. I am also naturally able to give regard to everyone I come into contact with and remain in constant happiness.

To finish weaknesses from the seed is to ensure they don't come back.

When I don't understand the real cause of my weakness, I cannot get rid of it fully. It, then, keeps coming back again and again in some or the other form. So, the first thing I need to do is to understand why that particular weakness is coming up again and again. For example, if my weakness is laziness, I need to check if it is because of escapism or fear of failure or any other weakness. This practice helps me to work on my real weakness. Today I will pick out one weakness of mine, which I want to do away with. I will then, try and discover what the real cause of my weakness is. I will then try and work on removing that weakness first. I will also do this with a lot of self-respect without any negative feelings.