

Today's Thoughts: March 07, 2020: Do It Now



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Do It Now

The word 'later' proves weakness. Therefore, do not say, "I will do it later", but say, "I have to do it now."

Living A Life In Supra-Consciousness (Part 3)

Living a life in supra-consciousness will give us the power to bring the aims and objectives in our respective fields, whether it be in the professional sector or on a family relationship level or in any extra-curricular activity like a hobby or a sport or on a social activity level like service to mankind or for achieving an objective for the physical body like overcoming a serious ailment (illness) or for some the purpose of earning wealth through different means. **A higher spiritual consciousness or supra-consciousness is not only a powerful thought or the power of determination but also an inculcation of a particular virtue or power through self-assessment and nurturing the virtue or power through pure thoughts and feelings.** It is an emerged consciousness for a purpose or as a natural nature characteristic focused towards the fulfillment of a significant aim in our life and is the opposite of sub-consciousness which is more of a hidden consciousness and a merged one, but equally important. The conscious mind is the average or the centre between the supra-conscious mind and the sub-conscious mind.

Also, the complete celibacy of the mind, which means a clean and clear transparent water like mind with no trace of anger, lust, jealousy, animosity (hatred), greed or ego; but on the other hand a mind in which the pure lotuses of positive qualities, personality specialties, talents and skills flourish - is a primary requirement for a supra-consciousness to do its work. Along with the requirement of a clean mind, the other potent (powerful) force for a supra-consciousness is the fuel of a powerful and clear connection with the Almighty Father or God, whose power is the highest and strongest in the world. This fuel lifts the consciousness to amazingly high levels and increases its capacity to the levels of God's consciousness which can achieve success in the most difficult tasks that exist on the planet Earth. **And a supra-consciousness is the key to injecting the energy of positivity into any task and contribute to its fulfillment.**

Soul Sustenance

Observing My Mind And Its Creation

Let us experience creating positive thoughts about ourselves and see how long we can maintain them. We must learn to become our own best friend. A positive thought is imagining oneself as a being of peace. Peace is considered as the power and original quality of human beings.

In order to be able to concentrate, let's imagine a point of light, a small star like point of energy in the centre of the forehead... Let's focus our attention on this point and begin to create these thoughts: Who am I? Who am I really?

I turn towards my inner self in order to know myself... I am going to observe the screen of my mind for a few moments...

I become aware of the thoughts and images I see on the screen of my mind, but I do not let myself be influenced by them... I simply observe them, and I am gradually going to let them flow... I let go of them, I let them drift away...

I create a space between me and my thoughts, between me and my stream of feelings... I feel at peace and calm, I can choose what I think... The feeling of being able to choose makes me feel stronger...

I am strong, peaceful and calm... I am positive energy... I am a peaceful, calm being: peace is harmony and balance...

Message for the day

Lightness comes when words are accurate.

Expression: Accurate words means there is nothing extra spoken. Whatever has to be said is said to the point. Such words being short are sweet to hear too and are those that never hurt others. They bring about the result needed accurately.

Experience: When my words are to the point, there is a lot of lightness experienced within me and my physical energy is saved too. Others too experience benefit through my words and so I naturally get blessings from them, which helps me move forward with lightness.

One Direction

When water flows in one direction, it generates energy.

The wind, when it blows in one direction, also generates energy.

Sun rays, when focused, generate energy.

In the same way, when we have an aim and objective, our actions become directed, focused. A current of consistent actions flowing in the direction of one's aim becomes increasingly powerful at each second. The intellectual capital invested in that will generate the dividends of increased happiness.