

Today's Thoughts: March 01, 2020: Spaces Of Silence



Spaces Of Silence

Push yourself like a machine and you will eventually run low on energy. Love your mind by allowing it spaces of silence and it will serve you tirelessly.

Understanding What Is Aura

The mind is the thinking energy of the soul (negative or positive). It is the mental energy, which makes the aura (subtle body) of a person. The soul, situated in the brain, radiates its mental energy to all the brain centers e.g.: hypothalamus (thinking centre), limbic system (centre of emotions and attitudes), frontal cortex (memory centre), respiratory centre, speech centre, visual centre etc., in maximum concentration as these centres are located near the soul. In fact the soul radiates the mental energy to each cell of the physical body. This radiated mental energy which exists inside the whole body is of the same shape as the physical body, which is nothing but the aura.

Now the aura of a person can be photographed by Kirlian photography. If a person most of the time thinks negative, the aura around him has various shades of white light e.g.: violet, indigo, blue, green, yellow, orange, red or can be black if there is no flow of mental energy. If a person thinks positive most of the time then aura around him is made up of silvery white light. Such a person is liked by all and radiates all the innate qualities of the soul e.g.: purity, peace, love, bliss, power around him. Other people coming in contact with him can feel the soothing effect of these qualities. Good meditators normally have clear white auras.

Kirlian photography has been proving useful in diagnosis of disease in a particular part of body and organ system before the disease becomes clinically visible in the form of signs and symptoms.

Soul Sustenance

Role Induced Stress (Part 1)

A very common form of stress which has raised its head in recent years is stress induced due to one's role. There was once a famous movie actor, well known as one of the best of all time and he was obviously very much aware of the same. One day as he was shooting for his new film; his director, a very prominent figure in the film-making arena, mentioned to him that there was a general perception spreading in the film industry as well as in the film going audiences that the actor was getting older with time and his performance was dropping and he needed to spruce up his performances if he had to compete with the younger actors. As soon as he heard this, he started taking his acting role and everything related to it over seriously and lost his happiness completely because he had been used to listening only to praises regarding his performances and reputation all his life. He also forgot all that the world had given him all his life, all the love, respect and adulation and became angry, bitter and resentful towards everyone he met, believing that they no longer held those feelings for him as much as before. Also a general sense of fear and nervousness started developed inside him regarding his next performance.

One piece of information had changed him altogether. What had gripped him – **Role Induced Stress**. His emotion of stress was made of three sub emotions - sorrow, anger and fear (or worry). What was the cause – he over identified with his role. He *believed* he was an extremely famous hero actor. But was hero actor what he was? It's what he did. But he learned to believe it is what he is. **Even we need to remind ourself that we get to play various roles on the world stage of action and that if we over-identify with any of the roles, which a lot of us do, then just like the actor, our creativity, spontaneity and lightness is reduced and we start to take things far too seriously, more than necessary, and as a result get stressed.**

(To be continued tomorrow ...)

Message for the day

The one desire for perfection ends all other desires.

Expression: The desire for perfection brings the capacity to keep on learning from all situations. There is something new to learn and so there are no other desires. Since the mind is busy with bringing about perfection, there is no time for waste and negative. There is the ability to transform negative to positive.

Experience: Love for perfection makes me experience constant progress. I have no thought about what I have to get, but continue to attain from each moment and each situation. I am then naturally free from all other desires.

NEWS

As you read or listen to the news, do you find yourself muttering, "Oh no!", "What?", "That's dreadful!"

Does this help the situation in anyway?

It does, when your justified indignation is channeled into action, but armchair indignation generally doesn't.

Even if you can't take action, you can always take a few seconds to send peaceful and compassionate thoughts out to the situation or to the troubled spots around the world.