

Today's Thoughts: January 21, 2020: See Light



See Light

We decrease the darkness in others when we see their brightness. Each of us is filled with weaknesses and flaws, however I can choose to see the light in everyone. When I make this my practice it helps others experience their own light. Today let me decrease the darkness in the world by seeing light.

Think Creatively

The method to bring about a permanent change is to bring about newness in thinking. To bring about a permanent change for the better means getting the mind trained to new ways of looking at the same situation. Only with this new understanding will there be a new response. Trying to bring about change in a superficial way will not bring about a long-lasting change. When we train our mind to think creatively we are able to keep our mind busy. In this way we are able to free it from thinking negative and waste. Also we find ourselves enjoying every scene that comes in front of us.

The Concept Of Letting Go (Part 1)

We have to dare to be free. Why? Because fear prevents us from taking the decisions that lead us to live and feel our full freedom. We should dare to let go because dependencies trap us. Let us look at a story that shows us what happens.

It is the story of a bird that, after having flown for a long time, leans on the branch of a tree to rest. While resting, it finds the wellbeing of staying there until, little by little, it gets the idea that its life is on the branch. When a day arrives on which it asks itself why it doesn't carry on flying, it says - *Oh, this branch is stuck to me and I can't fly!* The bird blames the branch. In reality, the bird has got stuck to the branch. It has the capacity and the wings to fly but its perception is clouded. It no longer sees its purpose with clarity or its potential to reach it. The freedom of the bird is in its wings but it has got stuck onto the branch. That is the reality that it has created for itself.

The freedom of a human being is in his or her awareness. But when their awareness has got stuck onto the branch (the object of their attachment) and they begin to blame the branch for their impossibility to free themselves, then they are trapped. When our awareness is clouded and we are clinging on, we do not see with clarity and neither do we exercise our freedom and let go.

(To be continued tomorrow ...)

Soul Sustenance

Ruling The Kingdom Of The Mind (Part 2)

“Am I a weak king or a mighty (strong) one?” This is a question that each one of us needs to ask ourselves at the end of each day. Every night, call upon **your ministers – the thoughts, feelings and emotions** in your kingdom court and have a heart-to-heart conversation with them regarding the kingdom and **its people, which are your attitudes, expressions, words and actions**. A court is also held to check the daily report of the behavior of the ministers. As the ministers of a kingdom, so its people (as mentioned above). To keep the kingdom in order, an able (talented) king will train the ministers and its people to react correctly to topsy-turvy situations which the kingdom is exposed to every day, which causes instability in the kingdom. This ability is the power of the king in action.

To train the ministers to respond correctly, a powerful king will, at the start of the day and at regular intervals in the day, give thoughts of power to the mind such as – *I am an ocean of success* **or** *I possess the all powerful driving force of motivation* **or** *I can destroy obstacles that try to obstruct my path coupled with thoughts of peace such as - I shall not react angrily, but maintain my calm* **or** *I shall not look at others' actions but keep my focus on my stable stage* **or** *I shall keep a relationship of outer detachment to external situations as well as inner detachment to internal pressures coupled with thoughts of love such as – I am an overflowing source of good wishes* **or** *I will be forgetful of others' mistakes* **or** *I shall absorb others' virtues and fill others with virtues coupled with thoughts of joy such as I will remain light and give others the same experience* **or** *I shall spread the wings of enthusiasm and fly high* **or** *I shall gift a smile and a greeting to everyone*. These types of thought suggestions will in turn positively influence the feelings and emotions, the ministers of my kingdom and my attitudes, expressions, words and actions, the people of my kingdom. **How? We shall explain that in tomorrow's message.**

Message for the day

You will be constantly successful when you have faith and intoxication.

Expression: At the end of each day check if you are finding yourself enjoying everything that you are doing throughout the day. Check if you are having the intoxication of being successful in spite of the seeming failures.

Experience: Each day start the day with the practice of being the successful one. Also continue to maintain this intoxication throughout the day. Then you'll find that you are happy with yourself and others will find you successful too.