

Today's Thoughts: March 02, 2020: Beyond Judgement



Beyond Judgement

If I've done nothing wrong, and my attitude is well-meaning, a difficult situation is just a test for my ability to remain beyond the judgement of others.

The Gender Of God

In a large number of religious traditions, all over the world, God is always referred to as a male entity. But, just as the soul does not have a gender and is neither masculine nor feminine, God's i.e. the Supreme Soul's gender is neither male nor female specifically. Therefore, as a soul, a spiritual child of God, I can come close to God without any inhibitions or difficulty, which I may experience in any relationship in the physical world, due to the gender of the body I am occupying.

We need to take a look at the Supreme Being or God closely. The Supreme Being is the **Supreme Mother** who provides spiritual sustenance and whose love is full of unconditional acceptance. No matter what has happened, how my nature or personality may be, I experience unconditional acceptance from God. It's a love that strengthens me, as well as it purifies me. At the same time, God is also the **Supreme Father**, a very powerful entity, who provides protection and fills the soul with the inheritance of divine qualities and powers. It's a question of just being an innocent child and claiming that inheritance. These are the first two relationships that have to be experienced with God. The Supreme is a balance of being feminine, having the qualities of **caring, giving and full of good wishes** and masculine at the same time, having the qualities of **power, authority and fearlessness**. He is She and She is He. These two relationships with God, whereby God plays both the roles of both parents are the basis of my spiritual development. Spirituality introduces to us the concept of taking a new spiritual birth to the Supreme Father and Mother. This birth is based on a change of consciousness. One needs to let go of the negative, impure and sorrowful past and develop a new consciousness, based on the present introduction to spirituality, which is positive, pure and blissful. The awareness of the self as a soul changes my way of looking at things immensely, but the consciousness of being a child of God, who is the Mother as well as the Father and seeing others with that vision brings respect and love for myself. Then all these qualities start showing in my actions and interactions as well.

Soul Sustenance

Role Induced Stress (Part 2)

It's not at all wrong to treat what we do seriously, but it's a mistake to believe what we do is extremely extremely important and we are extremely busy people living an extremely busy lifestyle. This kind of consciousness makes us over-serious. A very common sign of this is carrying a lot of thoughts of one role into the other. E.g. Aarti, a young mother, switches roles from a software executive in the corporate sector, a role which she plays in the entire day, to a parent and wife in the evening. If she is over thinking about her day-role while playing her evening-role, it is a sign she is over-identifying with her day role and there is a lack of detachment. As a result she starts becoming over-serious and suffers from **role induced stress** as a result. There is a deep connection between seriousness and fear. E.g. In this case of Aarti, as a result of attachment to her role, there are lots of fears that she carries regarding her role of software executive – fear of loss of position; loss of love, respect and reputation – either in her company or in general in society, not succeeding, not getting promoted etc. because of which she is over-serious and she carries the role in her head almost all the time, even when she sleeps. That is why so called extremely busy people sometimes complain of sleep problems.

This can happen with us, with any role we play. This kind of stress, just like in the case of the actor (explained yesterday) is generally made up sorrow, anger and fear – one of these three different negative emotions from time to time or more than one at the same time – **phases of dejection or feeling low or a lack of enthusiasm or a general disinterest in life events; phases of frustration and experiencing a lack of control of events and people, due to which there are frequent outbursts of anger and phases of immense worry regarding the future**, all of which affect our mind, our physical body, relationships and even success of our role; although it is our role itself (our over-identification with it) which is the root cause of this emotional turmoil inside us. So instead of being benefitting our role, our over-concern for it starts affecting it adversely.

Message for the day

Understanding brings happiness.

Expression: Happiness lies in understanding the secret of whatever is happening. When one is able to remain happy in this way, he is able to spread this happiness to those around too, influencing the lives of all.

Experience: When I am able to remain happy under all circumstances, I am able to be free from the influence of others' negativity. Instead I will be able to become a major source of positive influence to those around me.

Gut Feelings

When faced with decisions, most of us experience a gut feeling. Your gut feeling 'knows' what you need and what to do. But sometimes gut feelings can be wrong.

To make better decisions, listen to your gut feelings, but verify it with logic and data.