

Today's Thoughts: January 31, 2021: The Power to Accommodate

The Eight Powers of the Soul - Day 8

These are powers that recharge the soul. As the soul comes into action it experiences the practical form of these powers.



A stunning iceberg washed ashore on the coast of Alaska!!

The Power to Accommodate

Like the ocean that merges all that flows into it, I merge all that happens; so past is past, and the future seems clear and bright.

The Two Dimensions Of Being A Detached Observer

There are two dimensions of being a detached observer - the **inner** dimension and the **outer** one.

Let us look at the **inner dimension** of detached observation. **It is the ability or the technique to stand back from or observe in a detached way our own thoughts, feelings, emotions, attitudes and behavior.** We are creators and our thoughts, feelings, emotions and attitudes are our creation. In fact, this is the first step to becoming a ruler of the self and making the self powerful. If we fail to detach from our thoughts and emotions then they will be our masters, they will go out of control and will, as a result, leak away or waste our energy. Practice simply being the witness of whatever you are thinking and feeling. This is an important aspect of any good spiritual practice and after a while you will find it an experience that both, frees you and empowers you.

The external dimension of detached observation is the technique of being a witness to or an observer of the scenes, of the world around us. As we stand back and watch the scenes of life being played, on the world stage around us, without being actively involved, we can see the big picture more clearly. This makes it easier to judge clearly what is the most suitable contribution that we can make and the most suitable role we can play - through our thoughts, words and actions.

Listen to yourself

Each day is filled with a hundred choices and decisions, and wisdom is our best guide.

Wisdom comes from three places - experience, learning and our deepest intuition. Each day is an opportunity to gather and use all three.

Experience comes from engaging with life, learning comes from observing, and intuition comes from listening to our self.

At the end of the day sit down and write down what was the main experience, what did I learn and what did I hear...from myself? You did listen to yourself...didn't you?

Message for the day

To be a master is to win in situations.

Thought to Ponder: There is a long time practice of being a victim of situations. As is the situation, so is the reaction. It automatically results in a loss of strength and hope to make the situation better. On the other hand, to be a master is to understand that the situation is temporary and I have the power to change it. This will give me encouragement to make at least a small contribution to change the situation.

Point to Practice: Today I will keep a chart of the extent to which I have been a ruler. I will check how many times during the day I have kept the controls with me in the variety of situations that the day brings to me. This will give me a clue to the extent to which I am able to control situations and direct them to a positive way instead of allowing it to control me.