

Today's Thoughts: June 07, 2020: Concentration Ability



Concentration Ability

When you want to do something sincerely and are decisive about it; the power of concentration becomes available to you. Concentration allows you to achieve more in less time and respond to situations in a more effective way.

Love Will Heal The World (Part 2)

Love, as an emotion, was given a physical manifestation or form by most people, which included the ones who had lived by the essence of true love in their earlier births i.e. at the time when love was one based on soul consciousness and it was free from lust and attachment, at the beginning of the world drama, which repeats itself. Later, the same souls lost their inner conscience i.e. their beliefs started undergoing change because of the soul becoming discharged due to constantly coming in the process of life and death and not because of any negative or impure actions performed by them. It is a wonder of the world drama that souls after a period of few thousand years of a pure world existence gradually started getting attracted to the physical costume (body) of the opposite gender as impure desires took birth inside the soul. This happened in husband-wife relationships in which love took the form of the impure emotion of **lust** and in other relationships like parent-child relationships or between siblings (brothers and sisters) or other such close relationships, these desires, as we all know, took the form of the negative emotion of **attachment**.

So, unknown to the eye of wisdom which was closed at that time, we were swept by the wave of bodily desires and also unknowingly, we became sorrowful. God, who is a source of pure love, the seed of love of the universe, as per the rules of the world drama and as per His role in the world drama, was a silent observer to this happening, for a long time. The quality of love that is found in Him was a part of His creation i.e. us humans at the beginning and suddenly the same creation was abusing that quality which was given to them by God. This is the story of the world creator and creation and how the love virtue works inside them. **God, because He does not come in the process of birth and rebirth, does not lose His spiritual energy and that is why He is the only being in whom the positive colour of love does not get transformed into the negative shade of lust and attachment.**

(To be continued tomorrow ...)

Free the Mind

Does your focus get interrupted by reminders - thoughts that keep popping up into your mind reminding you of this and that?

Rather than let thoughts interrupt your focus, deal with them.

Firstly, acknowledge your thoughts. These random, insistent thoughts are reminding you of things that need attention. Note them down on paper, or digitally, as 'things to think or do later.'

Free the mind from being your reminder pad and you'll find you can focus better.

Message for the day

To be free from waste words is to ensure easy success.

Thought to ponder: The one who wastes time and energy in gossip or slander has no time for success. All attention is focused on picking out the mistakes and the negativity of others and so there is no attention on learning new things or picking out the positive. So there is negativity visible in one's own attitude, words and actions.

Point to practice: When I am able to free myself from waste and negative words, I am able to use the resource of my words in a positive and useful way. My words will be for the benefit of all. I would also notice that my words would be filled with the power of positivity and faith, faith in the self and faith in others.