

Today's Thoughts: June 08, 2020: Am I Happy?



Am I Happy?

If there is any sadness I make a strong effort to be free of it quickly, otherwise it grows like a vine in the rainy season: by midday I will be confused; by evening a whole jungle of weak, wasteful and negative attitudes will have taken deep roots in my mind. The result equals chaos. Sometimes I reach a stage where the attitude is: "So what if I feel the blues today? It is my life; no one else will be affected". Firstly, the more I allow myself to experience sorrow, the less time I have available to be happy and contented. It sounds ridiculously obvious, but am I aware of the value of happiness? It is an extremely rare commodity, and the cost goes sky high. Secondly, is it my life? Yes, I am living it, but am I not a member of a family or a co-worker with others, and am I not part of society? If so, then every movement affects and is affected by those around me.

Love Will Heal The World (Part 3)

The fall in the value system of the world is largely due to love no longer present in the minds of the people of the world in its pure form. There are very few people in the world who are living by God's definition of love and that is why we see sorrow increasing in the world because both lust and attachment, which are impure forms of love and being lived by almost everyone, bringing with them negative emotions like lack of freedom, expectations, feelings of superiority and inferiority, domination, possessiveness, lack of control over emotions, feelings of jealousy, even depression due to separation or loss of someone with whom either of these two emotions existed. You might question that do we stop loving our friends and family and detach ourselves from them? Do you know that the world in its originality was a world where the love that existed, its magnitude and depth and also its cleanliness remains un-comparable to the love of today's world? Also, the original inhabitants of the world who are none other than we, but in different physical costumes (bodies), loved their children, their husbands and wives, their parents extremely but what did not exist in that love was physical attraction to the opposite gender and sorrow based attachment. The love of today's world has brought with it so much insecurity and pain. Relationships today are like two sides of the same coin. As long as everything is okay in the relationship its heads for happiness and relationships like any other coin don't always fall on heads. The same relationship does fall on tails repeatedly i.e. it brings with it sorrow and dis-heartedness.

Love without lust and attachment is the original love of the world, so we cannot say that it is an impossible love. It is the love that souls, who have recognized God's i.e. the Supreme Ocean of Love's present presence in the world, are filling themselves with, from Him. **God is actually pouring that pure love, which He is full of, presently into humanity which is healing humanity on an incognito level and giving rise to a new tree of humanity full of the different flowers of closeness, belongingness, concern, respect and good wishes amongst everyone and without the thorns of physical lustful attraction and attachment which hurts negatively.**

To honor others' identity is to win their cooperation.

True leadership is about conquering the hearts of others with my own humility. Then I can place the honor of others in front. Thus, I can attract blessings and respect from others. Also, with this, I will only have the vision of bringing benefit. Today I will look beyond what I see in the present in people. What I may see right now may be negative or not so great. But I look at their potential and what they are capable of becoming. When I do this, I will be able to help them recognize their own potential. They would also then want to use this potential in the task at hand. Your respect also earns their respect and they give full cooperation.

Message for the day

Bringing newness in dealing with life's situations brings happiness.

Thought to ponder: When there is the desire to find new ways of responding to life's challenges, unhappiness ends which in turn helps to fulfill one's highest potential. All it needs is the determination to adopt a fresh awareness. Thus burdensome thoughts that drain out positive energy are set aside. The quality of life itself becomes better.

Point to practice: I experience a lot of happiness when there is newness brought in responding to situations. The potential and the energy of the mind is channelized in a positive way so there is an experience of fulfillment and satisfaction. The mind is not caught up with negative or waste but is busy trying for the best solutions in all situations.