

Today's Thoughts: June 18, 2020: Think First



### **Think First**

Every action has an equal and opposite reaction. Whatever I do, when all is said and done, I do for or to myself. Perhaps I should think before I perform actions because after the seed of action is sown I have to reap the fruit. Moreover, I do not receive only one fruit for every seed sown, I often get a whole crop, good or bad according to the action or seed.

### **Mental Churning And Its Benefits (Part 3)**

Whenever you start the day, create a few positive thoughts in your mind. **Go for a walk or get ready for the day, keeping these thoughts and thinking about them. Also, ensure that before you do that, you read something which will fill your mind with positive thoughts.** Remember, if an empty mind tries to think positive and create positive thoughts, it tires easily and in fact feels stressed. Try one day creating positive thoughts after filling your mind with positive information and the next day create positive thoughts when your mind is completely blank and see the difference. The energy and enthusiasm which you feel inside yourself after thinking deeply with a mind full of positive thoughts is much more than with an empty mind.

This can be compared with the process of churning cream to get butter. If you try and churn an empty vessel without cream, will you get butter or if you try and churn a vessel partially filled with cream, will you get butter of a high quality? On the other hand, you will experience tiredness. In the same way, when you have information in the mind, you build on it and multiply the positive information by adding new perspectives, view points and angles to the knowledge. This is called churning of knowledge to create the butter of spiritual power. So, always remember to backup positive affirmations in your mind with lots of extra information which is like a cushion on which you rest and play with the points of knowledge. It is like throwing a ball in a closed room and letting it bounce from wall to wall. In the same way, churning knowledge is not simply repeating what you have read but creating a movement of the knowledge inside the room of your mind and experiencing happiness as a result of that. **Such an exercise, when done over many days, creates soul power and strengthens our mind. In fact, it makes us extremely positive and free from negative and unnecessary thoughts that waste our mental energy when indulged in repeatedly.**

## **To seek richness and potential in everything is true positivity.**

When I have the eye for seeing potential, I am not caught up with any weaknesses of the present. I am able to see, even in people, the promise of what they can do and become. When I do this, I will be able to help people discover the latent potential. Today I will free myself from seeing waste and negative. And if I do see, I will make an attempt to see something positive and beautiful. This slowly becomes a practice, which helps me be positive, under all circumstances.

### **Message for the day**

**Not to expect respect is to get respect from all.**

**Thought to ponder:** When I expect that people have to respect me, I will not be able to get their respect; as the feeling that they get is of weakness. To seek or wait for others is to never get it. Instead, when I have self-respect, I am able to create a positive impact on others, and automatically get respect from them.

**Point to practice:** Today I will appreciate myself. I will look into the mirror and say "I like you for what you are". Perfection is of course a journey, so right now I love myself for what I am today and am also moving towards becoming better and better. When I know to like myself, others will like me too.