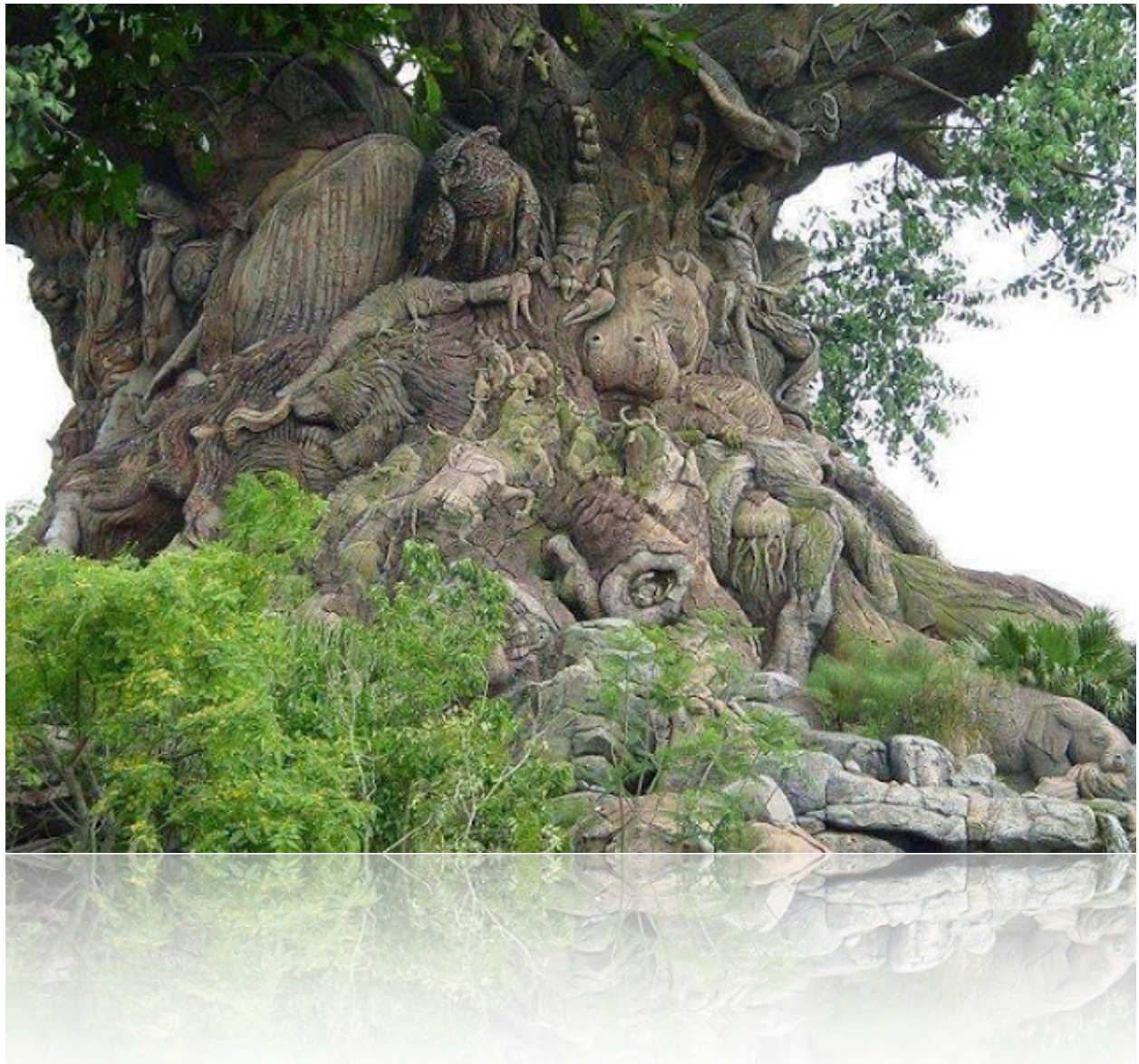


Today's Thoughts: June 22, 2020: Something Worthwhile



Tree of Life at Disney

Something Worthwhile

Transform regrets into realizations and therefore ensure that what could become waste is made into something worthwhile.

What Is The Source Of Our Feelings (Part 1)?

The topmost area of the mind is the area of conscious thought. Thoughts arise in our awareness like bubbles. Many thoughts carry a feeling or a series of feelings along with them e.g. the thought at a restaurant - *I love how that pizza looks*, could be accompanied by feelings of hunger, or greed, or happiness, or yearning (longing) or anticipated satisfaction.

The fact offered by spirituality and supported by experiences of many people who are spiritual is that **feelings, as well as thoughts, originate from the soul.**

Feelings are clearly reflected in the form of physical changes in our body: I may feel my heart beat fast with excitement, my mouth salivate with joy, my stomach sink with fear, my hands shiver or goose pimples on my arms with nervousness, etc. This is because the soul and body are interconnected and work in complementary ways, so that what goes on in the soul is definitely reflected in the body, and what goes on in the body is reflected in the soul. The degree to which both these processes happen in each individual is different. **It's not that feelings arise out of nothing, or merely as a reaction to external stimulation by people, objects, nature, etc. Thoughts are followed by feelings. So we can understand that both of them arise from the soul.** Recognizing this is an important step if I want to break free from cycles of unwanted or unsuitable thoughts and feelings.

(To be continued tomorrow ...)

Personal excellence means to strive to be your best in all little and big things.

To strive for excellence, invest in yourself daily.

Take 5 minutes in your morning commute to go through the following steps:

- 1) Identify ONE self-improvement you would like to make today.
- 2) Create a deeper understanding of why this is important and beneficial for you.
- 3) Clarify how you will keep yourself inspired and motivated throughout the day.

Message for the day

All problems can be overcome when you make a determined promise to yourself.

Checking: When a problem comes up and you are working on it, check what kind of thoughts you are having. Check if your thought to overcome the problem is filled with determination?

Practice: Each day reinforce the thought in your mind to overcome the problem that you are facing. Stamp the thought with determination and you will become victorious in overcoming your problem.