

Today's Thoughts: July 09, 2020: Lightness



Beehive Geyser is in the Upper Geyser Basin of Yellowstone National Park in the United States

Lightness

Lightness is like hitting a spring of water inside. A sudden break out from the dryness of your normal reactions as you begin to express from within, rather than just responding to what you see outside. It usually happens when you come upon a quality that hasn't been destroyed or jaded by time, something very old and inherent in you that has survived. Most qualities and talents are developed through use, but are also in some way diluted and changed. Lightness is touching what makes you unique, because it has never changed.

The Gateway To Peace And Happiness (Part 2)

Remember that the soul world is the home of peace where all souls have stayed before coming down in the world, to take births. It is the place where we stay in complete silence and in our original pure state, a state which is called *mukti* or liberation. The soul world is a non-physical world of souls which are conscious beings of spiritual energy or non-physical light of consciousness, a light which cannot be seen with the physical eyes. All of us stay in the soul world in a state of silence, without any thoughts, in complete peace and without a physical body. We get the physical body when we come down on Earth. This is why this state is called a state of ***mukti* or liberation**. The other state is the state of ***jeevanmukti* or also called liberation-in-life**, which is the stage of complete happiness experienced by the soul, when it first comes down on Earth.

To attain *mukti* or to go to the soul world, we need to visualize God in the soul world and make a meeting with Him at the present moment. Souls, who remember God in this way more, will stay closer to God in the soul world when they go there plus their sparkle or light in the soul world will be higher. Along with *mukti*, souls who fill themselves with the seven qualities of peace, joy, love, bliss, purity, power and truth from God, much more than the others at the present moment, they will experience a much higher stage of *jeevanmukti* i.e. they will be happier when they start playing their roles on Earth. Souls who are more full of the seven qualities mentioned above will be happier and for a longer period of time, while playing their roles in the world. Along with the qualities, the soul needs to be absolutely clean of many impure *sanskaras* which are created in the soul by performing actions under the influence of the five main impure emotions of lust, anger, greed, attachment and ego in their previous births and in the present birth; to experience *mukti* and *jeevanmukti*.

(To be continued tomorrow ...)

Inner Peace

We're surrounded by noise.

Then there's our noisy thought-thinking head that never seems to cease.

Raise your focus out of the noise and float effortlessly above it all!

Rise above the noise to enjoy inner peace.

Message for the day

The one who is able to discriminate well is able to bring about real benefit.

Expression: Everyone naturally works for the benefit of the self and others. But the one who discriminates well is able to understand the other person's need and give accordingly. So whatever is done naturally brings benefit for others and also for the self.

Experience: When I am able to bring benefit for the right person at the right time with the right thing, I am able to win the trust of the other person. I expect nothing in return, but have the satisfaction of helping at the right time.