

Today's Thoughts: July 05, 2020: Let Go



Beautiful Macaws in full flight

Let Go

Just as the bird has to find the courage to let go of the branch in order to fly, so we also must let go of our branches if we are to know the exhilaration of soaring to the highest potential of our life. The branches we hold to are our inner attachments - our beliefs, ideas and memories. And then there are the outer attachments - people, possessions, positions and privileges are a few. But as long as we hold on to them we will live in fear (of letting go and loss) and we will never be free. And just watch those birds, by letting go of one branch they are able to spend the rest of their life alighting on a million other branches, and they enjoy the view from each. Are you flying and soaring in your life, or are you stuck on one branch, cursing others as they fly past. Go on, try it ...let go!

8 Powers To Experience Success (Part 5)

In yesterday's message, we had explained the importance of the first step of the day as a step of determination and the effect it has on the entire day after that. But it is important to note that along with determination we also need spiritual strength and wisdom to bring the eight powers into practice. **Strength is the inner ability of the soul to emerge and bring these powers into action. Wisdom on the other hand is to know which power is required and when and is the key to making the strength work i.e. bringing the power into actual action.** Both wisdom and strength are of equal importance.

Wisdom is learnt through the medium of spirituality. It includes the complete knowledge of the soul and how it works. Along with that the knowledge of *karma* which in short is the law of action and reaction which means every good or bad *karma* causes a similar result, which the soul has to experience in the form of joy and sorrow. Also, a relationship with God and the knowledge of that as well as the knowledge of who is God and how we can connect with Him and fill ourselves with the eight powers. Along with that the knowledge of the world drama and how we come into the cycle of birth and rebirth and lose our eight powers and how we can regain them. Of course, lastly the knowledge of the eight powers and their practical use in day-to-day life. All these aspects of spirituality and their complete knowledge is spiritual wisdom. To attain wisdom, you do not need to leave your day-to-day life routine or your homes. It can be done while being a professional. On the other hand, the wisdom is required more if you are living a life in which you meet different types of people with different natures, which is only possible if you are living a life full of different relationships at the personal and professional levels. So, live in a family, go to office, run a business but do not forget to listen or read spiritual knowledge along with that because without wisdom, you will not know how to use the eight powers and will not know how to be emotionally successful.

(To be continued tomorrow ...)

To watch with detachment is to give the best performance.

Any actor would like to portray his best on stage. He would have utmost attention to every small action or expression. When I become an audience to my own act, I would be able to give my best performance too. Then, I also need to watch my act as the audience. Then, I can applaud my best performance and improve upon what is not good. Today I will imagine being photographed at every step. I will see myself as a camera would see me. This detached perspective will give me a clear indication of what my behavior, actions and expressions are and what I would like them to be.

Message for the day

To be free from weakness means to have the power to mould.

Expression: When there is a weakness, it becomes difficult to mould according to the needs of the situation. Weakness creates hardness and rigidity not allowing the situations to create internal beauty. So the one who is constantly working with one's own weakness finds it difficult to stop the negativity from being expressed immediately. The weakness is revealed inspite of making effort not to and there is unpleasantness created.

Experience: To have the ability to mould means to become real gold. I become as flexible and beautiful as pure gold, which is ready to take beautiful shapes when it comes under the influence of the heat of the situation. So I have no hard feelings for having to adjust, but I am able to enjoy the beauty I create and the joy I spread.