

Today's Thoughts: August 02, 2020: Work Well



Picking lavender in the Lavender fields, France

Work Well

Work is only work if you prefer to be somewhere else. Work tends to be a negative perception of a task which we reluctantly approach. Work is only labour when we forget to see our life as it truly is - an opportunity to be creative, enrich others and be enriched ourselves. When we are able to see work in this way, we find something called enthusiasm inside. When we are enthusiastic we work well and we are valued. We are used as a role model. When we work well it is much easier to say no when we need to, for we know our own value, and we are not dependent on others' approval to feel good about ourselves. When we put love and enthusiasm into what we do, it rebounds in the form of opportunities and blessings, two of the most important ingredients of a truly wealthy life.

Ruling The Kingdom Of The Mind (Part 1)

Have you ever looked inside the inner kingdom of your mind where **your thoughts, feelings and emotions are your ministers?** Is it a kingdom of law or anarchy (lawlessness)? Do you ever wonder - "Ah, I wish there would be more order and less chaos in my kingdom!" So what stops you from creating a kingdom of law and order? Is it external situations or is it your internal reactions to these situations? Just for one day, perform this little exercise, check that out of the tens of thousands of thoughts and feelings you create in a day, how many are your own creation and how many are responses to external events. If they are your own positive creation or if they are responses to events, but correct ones, then be proud that your ministers are obeying you. Do you realize that the time when these thoughts and feelings are the wrong type of reactions on your part and not your original correct creations, is the time when these ministers are wicked and disobeying you.

A kingdom where the ministers disobey the king (that is you) repeatedly, is a kingdom, the atmosphere of which is lacking in harmony, love and joy, which in our case is our mind. It is a kingdom which is not respected by its people, who work under the ministers of thoughts and feelings, **the people being your attitudes, expressions, words and actions**, who further disintegrate and go their incorrect way following the orders of their seniors - the thoughts, feelings and emotions. It is a kingdom where the king has to bow down in front of **the outsiders, the neighbours, which in this case is the external situations and other spiritual kings like me, involved in these situations.** Also, it is a kingdom which is lacking in stability and susceptible (vulnerable) to attacks by the neighbours repeatedly.

(To be continued tomorrow ...)

Coping with Grief

Everyone copes with grief differently, so be patient and give yourself time to heal. Accept your feelings and find constructive ways to release your emotions. Recognize that there's a loss and a vacuum that needs to be filled thoughtfully. Also know when to reach out to get support and share your grief. And whenever you remember the person you've lost, send them love and good wishes.

Message for the day

To have a vision of seeing specialities is to pave the way for progress.

Thought to ponder: When I have a vision of seeing specialities, I am able to encourage people to do better. Firstly, I am free from negative or waste thoughts. And most importantly, I am able to help people discover their strengths and give them the power to use them. This ensures progress for them as well as me.

Point to practice: Today I will encourage at least one person with my positive words. I will observe something good in that person and appreciate. This practice will help us experience continuous progress, in spite of difficult circumstances or mistakes.