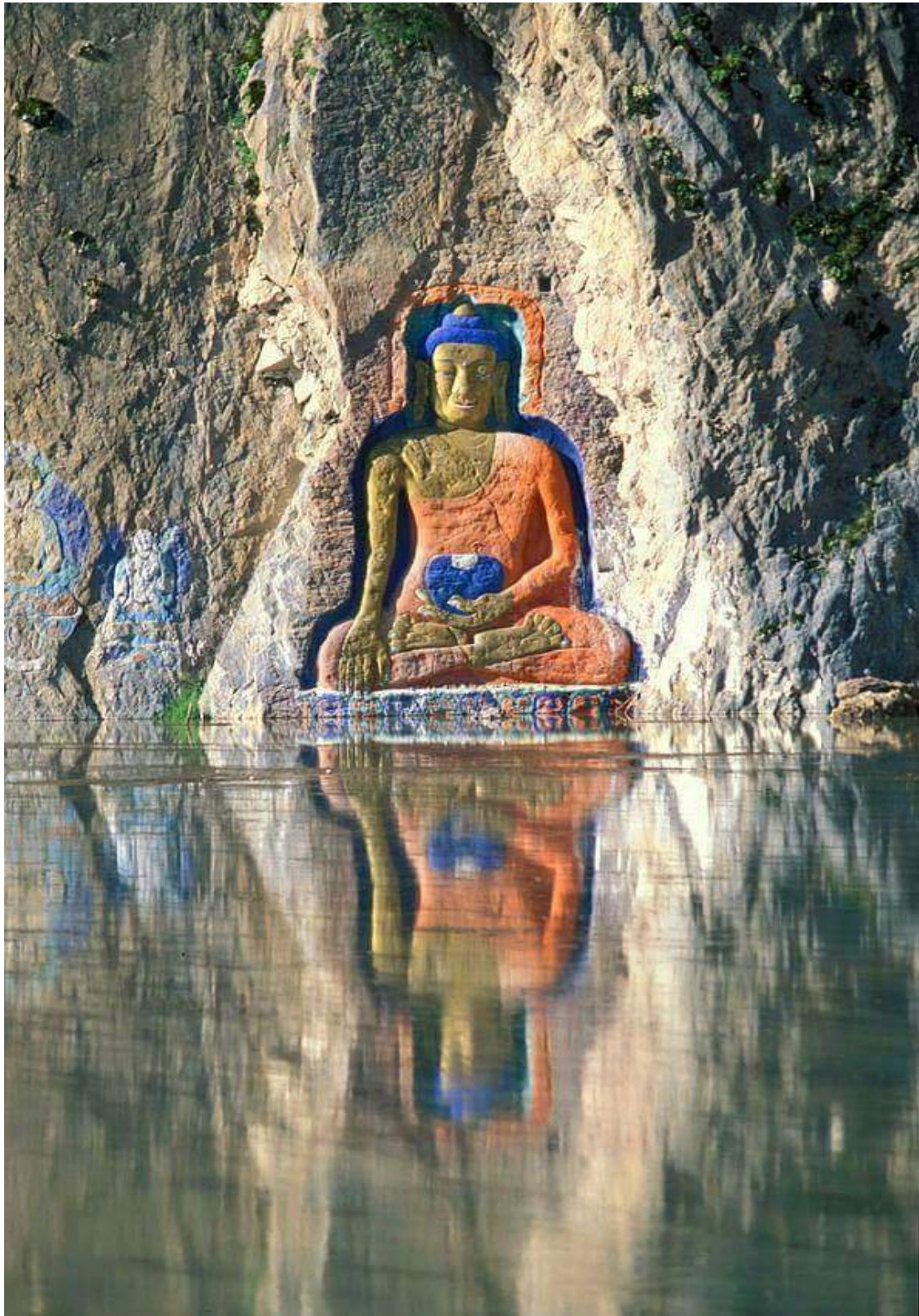


Today's Thoughts: August 18, 2020: Depth of Humility



Giant Buddha Rock Painting, Nyêtang, Qüxü County, Lhasa, Tibet

Autonomous Region, China

Depth of Humility

Humility means to understand the self and through that to understand others as well. Humility is the attitude where a person is not attached to his or her opinion and feelings. Humility is the most natural expression of truth. It helps in better understanding of truth. Humility is the basis for maintaining self-respect. Humility does not mean bowing down and being subservient to others. Humility allows you to see benefit in everything. Developing humility brings a lot of comfort and ease into your life.

The Invisible Law Of The Universe (Part 5)

In yesterday's message, we had explained four types of thoughts, words and actions, which create corresponding *sanskaras* in the soul. Not only corresponding *sanskaras* but all of them create different types of *sanskaras* depending on the emotion behind the thought, word and action. Also, the four types of thoughts, words and actions as mentioned yesterday, in decreasing order of purity are – positive, necessary, unnecessary and negative. We have explained what all four mean.

The whole day sees different types of situations and ups and downs. Life is constantly turning. Situations do arise and settle down soon all the time. Sometimes some situations remain for a longer time also which is less rare. **But, the bottom line is maintaining our thoughts within the positive and necessary category all the time.** Because, the ones who are internally powerful, for them situations are like bubbles on water, which are temporary. They only remain positive in any kind of situation to see the situation go away soon. They smile inspite of situations existing in their lives, which in more than 9 out of 10 times say goodbye very easily and in a span of a few hours or days and not more than that. Of course, there is that one odd situation like an illness or a difficult relationship or a loss of a close loved one, which can last for a few months or more than that and that too not in all cases. Very often, you hear people complaining of how situations are sticky in nature and refuse to go away from their lives. Of course, there is the past negative *karma* which is the big reason for these situations, as explained earlier in this message series and the law of *karma* is something that no one can run away from. Imagine many past births under the influence of a deadly negative and impure emotion like lust or a little less negatively powerful emotion of anger which can destroy the soul's cleanliness and fill it with negative and impure *sanskaras*. Here we are talking of thousands of such thoughts, words and actions of the past births – how negatively influential they can be on our present. But remember there is a way out of this – **not only clean the past negative *karma* through meditation but also something which we can do something about now, because the past negative *karma* is over. Perform positive and pure *karma* in the present. Doing both of these attracts solutions to difficult situations in our lives very easily and very fast – that is the key.**

(To be continued tomorrow ...)

Loneliness

There are times when we feel lonely even when we're in a crowd. At those times, make an extra effort to connect meaningfully with people.

Sometimes, the feeling of loneliness comes from being disconnected from ourselves.

That's why it's important to develop a healthy balance between spending time with others and time alone.

Get over the feeling of loneliness and get better at being alone without feeling lonely.

Message for the day

Positive actions sow seeds for a positive future.

Thought to ponder: When I sow the seeds of positive actions, I reap a positive future for myself. It means to say that when I perform positive actions, I reinforce positive personality traits. This gives me access to my inner strengths in all situations. Even when something goes wrong, or someone behaves negatively towards me, it's my choice how I want to react. The more positive I am the more I find my inner strengths getting nurtured.

Point to practice: Today I will pay special attention to only perform positive actions. That means in all I do, I will ensure that I do it with the right feeling and the right intention. I will also check if my action is going to bring benefit to others or myself, and do only that which is beneficial. At least, I will have attention not to do anything that is negative.