

Today's Thoughts: August 21, 2020: Anger



NASA captures Guatemala Volcano erupting from space

Anger

Anger is a condition in which the tongue works faster than the mind. To be controlled by anger is to repress the soul's original qualities of tolerance and love.

Discovering God (Part 2)

Love for God is incomplete without a complete realization of who God is and what are His nature's different characteristics. Also as the saying goes in Hindi that **God as He is and what He is, only a few in crores and even from those few very few will realize Him completely.** There can be crores who think about Him and even love Him very much and also realize Him partially or incompletely but only a few extremely pure minds will realize Him completely and accurately and also become like Him. **These selected few are amongst us and absolutely normal humans but the only specialty they have is that they are extremely pure and humble, as a result of which God reveals Himself completely to them.** Purity of the mind, which means a mind that has made itself completely free of lust and anger, which means not only words and actions but our thoughts are completely free of these two emotions. Also, humility or egolessness while performing actions. Such a mind will be able to perceive God and His nature completely and experience His love in the sacred space of His mind. You might say that what is life without lust, anger and ego as life without these is not possible but then ask those who are on a journey to free themselves of these three emotions and are getting closer to God more and more each day and making others around them a part of their closeness. Such people are very few but they exist and are looked upto by God also.

It is like the taste of the mango. The one who has tasted it can only know its taste and say it is absolutely delicious. God is the most beautiful being that exists and to have a close relationship with Him means becoming as beautiful as Him over a period of time and as a result getting to know Him more and more in return and fulfill the spiritual heart's desire. This desire exists inside each one of us, but is sometimes hidden because we have become over-involved in materialism and forgotten our eternal relationship with Him.

(To be continued tomorrow ...)

Be Eco-friendly

It's so easy to complain about the world around us. But it's just as easy to care and make our neighbourhood a better place.

Doing simple things can make us a better guardian of the environment, dropping litter in the bin, printing double-sided, using reusable shopping bags, unplugging appliances at the wall when they're not in use.

What will you do, that's easy and doable? Remember, your contribution counts and inspires others to care.

Message for the day

The one who defames or criticizes is a true friend.

Thought to ponder: If one has a clear vision of where he wants to go, he constantly looks for opportunities and means to move ahead. When someone criticizes, it is an opportunity to learn something, to check and change what I might have missed. It doesn't matter with what intention the other person is criticizing. It is more important whether I have learnt from it or not. So he actually becomes a friend who is helping me progress.

Point to practice: Today I will listen to people carefully and take at least one point that I could bring about a change. I will then explain to myself that this particular aspect is going to help me to move forward. This is what I will bring into action.