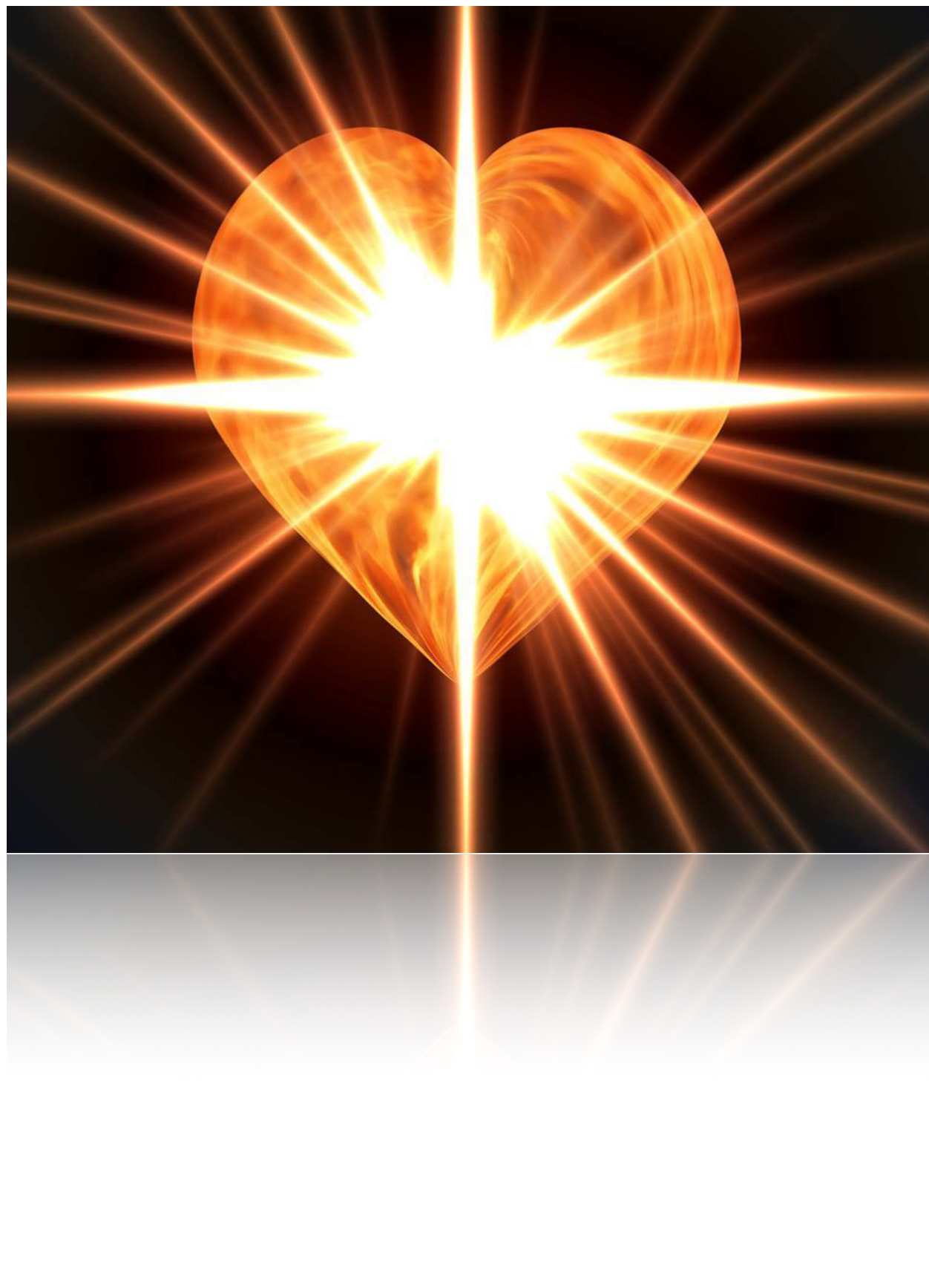


Today's Thoughts: August 23, 2020: Wise Wealth



## Wise Wealth

There are many words for which we have forgotten the meaning - love is one such word, and wealth is another. When we hear or use the word wealth today we immediately conjure images of huge cheques, large properties, five star holidays and the very best in everything. In fact it is this limited form of wealth, measured and defined essentially by money which blocks the realization and manifestation of true wealth. Every human being is wealthy beyond imagination; but not in their bank accounts. Real wealth is completely intangible, invisible and deeply internal. Every human being is a unique individual spiritual entity. And as such, a source of the most precious energy in the universe. Love is the gold of the soul. We are each that gold at the core of our being. But few of us are aware of it, let alone consciously tapping it and expressing it. No one teaches us that love is what we are, that our purpose in life is to know it, and give it, and that when we do, all other energies, including the material stuff, will come back to us. We are taught instead that love is dead, love is daft, love is for softies, love is sex, loving is losing not winning, love is indulgence, love is about doing deals in our relationships. No wonder we are stressed out. We have a totally distorted view of wealth and an inherited belief system which clouds our view and access to the riches we contain within our heart. No wonder there is spiritual poverty amidst affluence, no wonder the destitute wander streets paved with the riches of their neighbours. No wonder the children in the villages of India have a smile that lights up your soul, while the kids in 'material land' are always miserable with their lot! Are you wealthy, or are you Wealthy?

## **The Filtration Process In The Soul**

The mind and its creation i.e. thoughts, in these times, in most people, are controlled by three main factors:

**i. their habits or *sanskaras***

**ii. their past experiences, and**

**iii. information which they are exposed to and which they imbibe.**

The intellect is like a filter which has the function of discriminating, of judging the thoughts and deciding which ones to put into practice and which ones not to, basically filtering them. **Presently the filter of the intellect has become weakened, confused and unsure; it has become blocked by many incorrect beliefs, due to which this filtration does not take place properly – as a result many wrong thoughts get converted into actions.** A lot of times during the day, thoughts become actions so fast, that the filter of the intellect does not even come into play i.e. thoughts become actions bypassing the filter.

The beliefs that we have today are related to our cultural, physical, social, religious, political identity associated with our age, gender, occupation, wealth, role etc. of our body. Beliefs connected to materialism, to **having** rather than **being**, are living based on the perception of the sense organs, and not on the intuition and the wisdom of the spirit. There are beliefs that block you, or brake you, others break you, they bring about fears in you and a limited perception of reality and of yourself. However much you try to generate positive thoughts, if you do not change these beliefs, their influence on the intellect will be so strong that it is almost impossible to maintain a positive state of mind. Even if you experience it, it will be short-lived and temporary.

## **Distractions are everywhere.**

No matter how much we try, it's almost impossible to get rid of all the distractions.

How about this: focus despite distractions!

Here are a few tips:

- Have music in the background. Music can tune out the distractions around you & keep you engaged & motivated.
- Be energized. Have enough sleep & stay hydrated. The more energy you have, the less likely you are to get distracted.
- Set email times. Schedule specific times to check & respond to emails.

## **Message for the day**

**To be alert is to constantly have an attention to check and change.**

**Thought to ponder:** When someone is recording something, there is a constant attention to do the best. After a bit is recorded, they would recheck and see if everything is ok or if it can be better. In life too, we are trying to record the best. For each and everything that happens, when I have attention on myself, I can make it better each time. I just have to have the attention to check and then bring about the required change.

**Point to practice:** Today I will pay special attention to the actions that I do. After the action, I will look back and see if I could have done it in a better way. Also, at the end of the day, before I go to sleep, I will look back at the day and review all that happened. This practice of checking and changing helps me to be prepared to face everything that comes my way.