

Today's Thoughts: August 27, 2020: Will Power



Will Power

If you believe 'you can' and have the strong desire to do so, then despite setbacks, it's your will power that makes you 'try, try, try again'. Both 'will' and 'power' are released when you go from 'will do' to 'doing things willingly'.

Living Relationships The Soul Conscious Way (Part 2)

Loving others without expectations is the love which never gives you any unhappiness at any cost. Loving with desires and fixed demands will make love like a business deal i.e. you give me such and such an emotion or particular word or a certain type of action, which I like and I will give you back what you like. On the other hand, love which does not demand and also love which just exists without the requirement of any fixed conditions to be met is sometimes seen as a love which cannot exist. But it is the love which God is full of and by connecting with Him and seeing each human being as a loveful soul, who is my spiritual brother and a child of God, the ocean of unconditional love; I become a source of giving such a love to others. Also, such a vision for everyone in which love flows to the other person unconditionally because of our eternal relationship of spiritual brotherhood makes life very uncomplicated. In such a relationship you don't feel tired or pressurized when love is not received and sometimes the other person does not return your love as much as you would like.

People have misunderstood the true meaning of the pure emotion of love and given it an impure form by mixing it with attachment, which always brings sorrow with it. Attachment filled love hurts because it comes with many strings or bondages with it and that is why many relationships where attachment is the foundation, tend to break after the initial phase of the relationship is full of happiness and lots of promises. Very soon, people, because they are not perfect, are not able to reach up to the other person's level of expectations and also are not able to adjust with the other person's nature and way of thinking and working, whether it is in personal relationships or in professional ones. This is because love is a characteristic which is the key to making any relationship successful and here we are not talking only about relationships involving life partners.

(To be continued tomorrow ...)

Talk with Love

How do you talk to yourself? Is it a stream of fears, complaints and mindless repetition of old things?

If we spoke to others in that way, we'd have to apologize!
Apologize to yourself and talk to yourself, properly.

Be supportive, loving, kind, encouraging....

Talk to yourself as you would to a friend, or as a mother would to a child, or like a coach or a cheerleader.

Message for the day

To be free from rust is to get attracted with the power of the magnet.

Thought to ponder: When I perform any action which is against my true nature of peace, happiness or love, I am actually rusting myself. This rust does not allow me to attract the power of the magnet(goodness/God). The more I free myself from this rust, I automatically find that I am attracting the right things.

Point to practice: Today I will not do anything that will take me away from my true self. That is, I will keep myself free from things like anger, greed, sorrow etc. Even if the situation warrants for it, I will not react with the negativity. Instead I will just postpone the reaction. Thus, I will ensure I don't add rust to myself.