

Today's Thoughts: August 31, 2020: Feeling Great



## Feeling Great

Enthusiasm is the master key to feeling great. It keeps the self extremely positive beyond the pull of negativity while simultaneously making others feel uplifted too. To develop enthusiasm, have faith in the goodness of life, and in the original goodness of the self and others.

## Living Relationships The Soul Conscious Way (Part 6)

This is the last part of this detailed message series on how to live your relationships in the right manner and in this last part, we explain the method of becoming a good relationship manager. In other words, how do we manage our relationships in a manner that the other person in all our relationships is always full of love and blessings for us in his or her heart? Also we continue to experience that love from them in the form of good wishes which reach us in a way so as to fill us on a spiritual level.

Soul-consciousness is the way of living relationships spiritually. Spirituality teaches us that each and every human being in this world is a soul whose original qualities are peace, love and happiness and each one is originally full of these qualities when they come down in the world to play their roles down in the physical world from the soul world up above. **This initial stage of ours is called the soul-conscious stage, in which the soul's qualities are like a fragrant flower and everyone experiences these qualities from us, in all relationships.** It's when we started coming under the influence of negativity of different forms that the soul started losing its qualities and fragrance and it started looking outwards in need of these qualities. This is when the balance in relationships was spoilt and we started becoming dependent on others for our love and joy. It is like the famous story of the musk deer, who did not realize that the scent it was searching for was from its own navel. In the same manner as the musk deer, we lost the connection with our inner selves and the method of accessing peace, love and joy by becoming soul conscious and started looking for it from our mother, our father, our child, our brother, our life partner, our friend etc. **The right way of restoring the balance is completing the triangle of spirituality, by including God as the one whom I absorb peace, love and joy from. I also become soul-conscious and access these qualities inside myself and increase them. And then I share all these qualities with others, instead of expecting them to give me those qualities of peace, love and joy.**

## Overthinking

Personal power is within you. But when your power gets depleted, everything becomes more difficult.

Know what drains your personal power. Is it because you 'think' too much or 'emote' too much? Or is it something else?

Know how to recharge your personal power. Sometimes all that's needed is to stop for a minute and just be.

## Message for the day

**The method to bring about a permanent change is to bring about newness in thinking.**

**Thought to ponder:** To bring about a permanent change for the better means getting the mind trained to new ways of looking at the same situation. Only with this new understanding will there be a new response. Trying to bring about change in a superficial way will not bring about a long-lasting change.

**Point to practice:** When I train my mind to think creatively I'm able to keep my mind busy. In this way I'm able to free it from thinking negative and waste. Also I find myself enjoying every scene that comes in front of me and I also find myself constantly progressing.