

Today's Thoughts: September 06, 2020: Sparkle of Spiritual Wealth



Sparkle of Spiritual Wealth

Every frown line is a sign of the attitude we bring to our relations with the world and those around us. I will let my face express my spiritual attainments today - my peace, happiness, knowledge and joy. When the sparkle of all this spiritual wealth is visible to all, everyone benefits

Experiencing Perfection And Success In Role Playing (Part 3)

While playing my different roles, another important ability (a few abilities were mentioned in yesterday's message) that I need to possess is to become victorious over the different scenes that I play. What does that mean? **I need to remember that every scene, every act, whether positive or negative, in every role, shall pass.** No scene or act is permanent. **What happens is that, in a bodily consciousness, each time I am part of a positive scene in my life; I tend to become attached to it and want to hold on it and keep it with me permanently, which is not possible. And each time I am part of a negative scene, I tend to become impatient and want it to get over as soon as possible, which again is not possible all the time.** As if a few minutes or few days of the scene or act are difficult for me to pass or bear. Positive scenes bring me into a strong, temporary wave of happiness or excitement and negative scenes into a wave of deep sorrow, both of which are incorrect emotions. To make sure that I don't get taken in by both these waves, which is becoming victorious over scenes, I need to remain detached while playing different roles in different scenes. I will be able to become a master at this detachment, again when I am established completely as my spiritual self.

Separating role and actor increases opportunities for seeing what my role actually demands, and reduces the chances of being unduly influenced by others. **Stepping away from the stage, even for a moment, I'll see more clearly how the other actors in that particular scene are behaving, and what is required of me.** So, in this regard, it's a good practice that at different times of the day, I step back for a few seconds and detach myself from the role that I am playing and remind myself that I am a pure being of consciousness, a sparkling star like energy full of peace, love and happiness and nothing else. This is my spiritual identity.

Even when it's hard to say sorry, be courageous and apologize.

Apologize, even if it isn't accepted, now, later or never. Making an apology can lighten your heart, so, do it for yourself.

If a face-to-face apology feels too challenging, phone or write. And if you really don't want to, or can't connect with the other person, then apologize to them in your mind.

Message for the day

To bring elevated thoughts into actions is to ensure powerful progress.

Thought to ponder: All of us, at some point, have had thoughts that are positive and would bring about a change for the better. Such positive thoughts sometimes go unnoticed but when translated into action can bring a lot of benefit. For example, when we see someone working hard to achieve something, we admire him/her. But, if we catch this thought and pick out one point in our life for which we can really work hard, we would find great benefit.

Point to practice: Today I will spot and catch one positive thought that I can bring into practice. It could be some fleeting thought of positivity. Normally, there is a doubt if it would be successful, but I need to catch this thought and put into practice with great resolve.