

Today's Thoughts.: October 01, 2020: Here is an Angel



Here is an Angel

How can we serve others around us? By making our lives inspirational and interacting with tact and wisdom. We should be so cheerful, and our lives such examples, that they say 'Here is an angel.'

Pure Cooking (Part 1)

A significant part of our lifestyle is to consider the quality of our thoughts required while making food. Living in a family may make it more difficult to have that quiet and ordered state of mind while cooking. Also, children, friends, husbands and wives have the habit of coming into the kitchen while you are cooking. So, see if you can re-organize your timetable so you can cook at a time when they are busy, and then you can properly concentrate on giving pure vibrations to the food. It also helps if you play some gentle, soothing music which reminds you of the Supreme Soul or God while you are cooking. Even better sit in meditation for 4-5 minutes in the kitchen before starting to cook.

If you think of yourself while you are cooking then there will be a vibration of greed created. If you think of others while you are cooking there will be a vibration of attachment created. Think about the Supreme and there will be that feeling of deep love and freedom (liberation).

Physical cleanliness before cooking is important. Walking off the market or crowded roads, into the kitchen and cooking can affect the vibrations of the food. Washing, changing and meditating is a good start for preparation of *satwic* food. The ideal time for cooking is in the morning, the mind is quiet and if one has read a short paragraph of spiritual knowledge sometime after getting up, the mind is filled with new gems of spiritual knowledge, free of waste thoughts.

(To be continued tomorrow ...)

Optimism

Optimism opens a door in difficult or hopeless situations. No matter what the crisis, an optimist maintains the outlook that it is a sign, time for a different way of thinking, or of doing things. Sometimes the signal has to be very clear even harsh, otherwise we may continue in self-delusion and not wake up. Of course if we lack optimism, instead of taking this signal as a step towards renaissance, complaint, resentment or even desperation will emerge.

Message for the day

To begin the day with a powerful thought is to ensure the day is filled with positivity.

Thought to ponder: Any machinery, once it is set, remains set and automatically continues to work according to its setting. To have the right thought right in the beginning of the day is to ensure that the whole day is filled with power and positivity. Every thought, word and deed will automatically continue according to that setting. Situations might come to disturb, but because the machinery is set, the influence of the situation would be less.

Point to practice: Today I will begin my day with a one powerful thought. It could be even a simple thought like "I am happy today" or "Whatever I set out to do today, I will be successful" or "I am fortunate". Such thoughts act as magnets attracting positivity from everyone and everything around.