

Today's Thoughts: October 29, 2020: Independent Observer



Independent Observer

Peace ends when you are emotionally involved in a situation. The practice of being an independent observer helps you stay stable and calm. It is the best way to approach a decision in any circumstance.

Tapping Guidance From The Supreme Intellect (Part 1)

There are many occasions in my day-to-day life when I am not sure as to what my next course of action should be in that particular situation. The intellect is the faculty inside the soul which normally takes all decisions for the soul. But sometimes the intellect is clouded by my own or others' *sanskaras*, beliefs, opinions, inclinations, assumptions, thoughts, actions, past experiences, etc.

In such a situation, **I require the guidance of an entity who:**

- is above the whole situation and is seeing it as a spectator or observer and is not a player in the situation,
- is the knower of the three aspects of time (the past, present and the future),
- can see the situation from all dimensions or perspectives,
- is beyond all influences and is impartial,
- is extremely pure and clear,
- knows me more than I know myself,
- knows my benefit and harm more than I know it myself,
- someone who is selfless and is concerned for my well being the most, etc.

No human entity can fulfill all these requirements.

(To be continued tomorrow ...)

Smile all day and see what happens.

Today, challenge yourself to smile, all day. Scan for the positives and smile sincerely, both at yourself and to the world.

If you don't feel like smiling then simply relax your facial muscles and see if a natural smile appears.

If you're in situations where it's not appropriate to smile fully then have a small smile.

Message for the day

The biggest service is to show others the right path.

Thought to Ponder: When someone is going wrong, it is very easy to get influenced and go wrong too. For example, others' negativity brings anger, fear or sadness, which is negative too. Then, I lose the ability to show others the right path. When someone is negative, it is all the more reason to have a positive state of mind so that I can guide them towards the right path.

Point to Practice: Today I will take a few minutes before I react. Whenever there is a negative situation I am faced with, I'll wait for a minute or two before I give any reaction. This will help me finish negativity and I will be able to respond with positive.