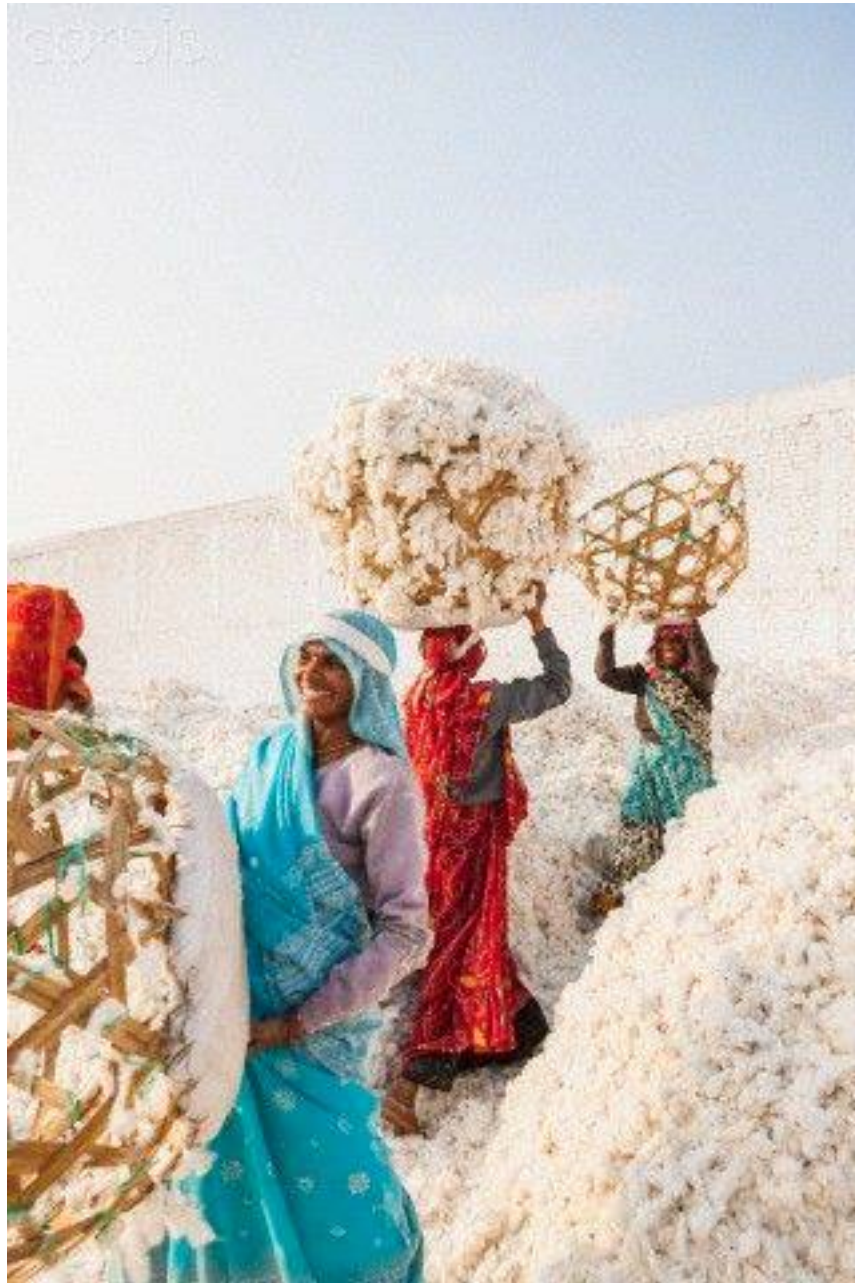


Today's Thoughts: November 20, 2020: Just Having Fun



Cotton factory in Madhya Pradesh, India

Just Having Fun

Work without happiness is like a burden that you have to endure, but when you are internally happy it becomes a game, and you're just having fun.

Overcoming Mood Swings

At each moment of the day, we have the capability to feel something. Our feelings vary throughout the course of the day. Sometimes they are joyful and sometimes they are painful. What we forget to do is to choose our feelings consciously. Instead, many of us have become lazy and allowed our feelings to be dictated and shaped by people and circumstances. In other words, we have become influenced. **Our swinging, changing moods are the result of the inner *karma* of becoming attached to things, people, ideas and circumstances.** If we are attached to a person and suddenly he/she leaves us we will feel gloomy and our mood of sadness will drain our energy just when we need to remain optimistic and enthusiastic about the future. Any form of loss will bring about a mood of sadness. If this sadness lasts for a long period of time, it will gradually turn into depression.

When we consider the world around us to be our source of happiness and joy, our moods will fluctuate, even with the changing weather. **But when we are spiritually empowered or strong our happiness and joy come from inside.** We are stable in the face of praise or insult, loss or gain. We are no longer moody and stability becomes our basic nature. We are in control of our life, our feelings. And while we cannot control the waves of the ocean of life around us, we can control and choose how we will respond to outer events and people. When we do that, we will be able to choose what we feel, regardless of what may happen in our life. Life stops being a rollercoaster and becomes more of a cruise, less a storm and more a gentle breeze.

The power to listen brings inner peace.

Sometimes I find myself hurt even though the other person did not mean anything. This is because I am hearing the words but not able to understand the meaning behind it. This brings misunderstanding and conflicts and even spoils relationships. When someone is telling me something I need to listen to the other person rather than merely hearing to his words. When I am able to understand the intentions behind his words I am able to take something from them instead of just creating conflicts in relationships.

Message for the day

To love God is to get attainments from Him.

Though to Ponder: If I believe that God is only waiting to punish me for my sins, I can only be God fearing. Then, I will not be able to experience benefit from Him. On the other hand, when I understand that God is an Ocean of love, I will be able to experience so much attainment by experiencing Him as a constant companion. I can then feel His help at each step, in spite of the situations.

Point to Practice: Today I will keep God as my Companion at every step. When God is with me I will of course keep a watch on my words and actions. Also where something unwanted comes my way, I can take His support and easily overcome these negative situations.