

Today's Thoughts: February 03, 2020: Opportunity



Extreme Walk by Brian Mosby on a Tightrope – Rio de Janeiro

Opportunity

The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.

Meditation For Personality Transformation (Part 2)

Decide on a habit that you want to change e.g. impatience. We will focus this meditation on changing impatience. You can apply it to other habits also:

I relax and prepare to look inwards...

I am aware of the unwanted habit of becoming impatient...

As I sit in meditation, I relax my body.

I become the observer of my own thoughts and feelings...

Realizing my true identity as soul - a subtle point of light situated at the center of my forehead, just above my eyebrows, I remember my real nature is one of calmness, peace and power...

I focus on the power of peace, inviting it in and welcoming it into my thoughts and feelings from deep within.... enjoying the calm contentment which it brings...

On the screen of my mind, I begin to visualize patience...

I see myself in a situation where I normally become impatient...

I now see myself as being completely full with the virtue of patience...

I shape my feelings around the idea and image of patience.... unhurried and relaxed... calm and watchful...

If necessary, I can wait... forever.... with patience

I am free of the desire for certain outcomes...

I see how I respond with patience...

I see the effect of my patience in others within the situation...

I now know how I will speak with patience, walk with patience and act patiently in the real life situations...

I maintain this peace, which generates serenity and patience in me...

Soul Sustenance

The Role Play of Thoughts in Relationships (Part 1)

Relationships can be defined on the surface as a state in which two or more people are connected, the state of being related or interrelated or if the definition is expanded, the way in which two people, talk to, regard and behave towards each other, and deal with each other. Spirituality sees relationships from a deeper perspective – “relationships are not only what we do or say to each other, but are built on the basis of what we think about each other”. So **relationships, when seen from a spiritual view point, are an exchange of energy at the level of thoughts and feelings, and then words and actions thereafter.**

Relationships are one of the most important wealth of our lives and one of the most important sources of our happiness. In order to make them successful i.e. to create the wealth of positive relationships and to experience joy through them continuously, it is important to base them on the right belief systems. One major incorrect belief that we carry inside ourselves with regards to our relationships is that relationships are all about behaving and talking in the right manner, because we think people see, know and judge only what we speak and do, they do not sense what we think, and so we don't give enough significance to our thoughts. But thoughts are more in number and being a more powerful and subtle energy, travel faster than words. When we interact with someone let us take care that along with the right action our thoughts are also right. If we have negative thoughts containing any type of impurity of hatred, greed, jealousy, resentment, selfishness, ego, etc. and we perform pure actions filled with the energy of virtues, neither will we be internally content nor will we be able to satisfy the other person. **In all our relationships, it is the intention, the packets of thought energy or vibrations that we transmit, which matter more than the action.** Giving significance to the inner intentions while coming into relationships is true transparency in relationships. Performing right actions packaged with thoughts which are coloured with negative emotions, will only transmit pain to the other on a subtle level, even though we did it for their happiness.

We shall further highlight the significance of thought vibrations in relationships using four examples in the next two days' messages.

Message for the day

The power of truth is such that you need never be concerned about proving it.

Expression: Truth is always revealed at the right moment and at the right place. You don't need to be concerned about proving it. You need only to be concerned with being it and living it. Trying to prove truth reveals stubbornness.

Experience: When you find that someone is not believing what you say, ask yourself if you believe in it. If you do, then you need not be concerned of proving it to others. Where there is doubt in yourself you'll want to prove it to everyone.

Breathe Right

Do you take breathing for granted? Are you so caught-up in activities that you just forget to breathe properly?

Why not post a stick-note with the word 'breathe', near your desktop or on your steering wheel. Then when the computer is slow or you're sitting at the traffic lights, take a minute to breathe.

Breathe in through your nose and hold your breath for three counts. Breathe out through your mouth for a count of five or eight. Pause and repeat. Relax your shoulders and breathe deeply and breathe slowly. Breathe away the tensions and center yourself.