

Today's Thoughts: September 01, 2020: Walk Quickly



## Walk Quickly

Walk quickly today, not because you are in a hurry, but because you value the exercise for legs and heart. As you walk, allow your thoughts to visit you, but not stay. Let them come to pass, and you will be surprised how quickly they become positive, and filled with creative ideas. And paradoxically, if you stay internally aware, you may notice that the quicker you walk, the more your thinking slows down and deepens. Walking briskly and positive thinking - that's the simplest way to take care of body and mind. And life was meant to be simple...wasn't it?

## I Am Peace (Part 1)

**An important feature of lives of successful people is a mind which remains free of questions and always remains solution based.** Very often, problems of the world shake up the mind and make you confused, leading to negative results in life's situations and also harming relationships with people. Ideally, people around us remain content with us when our mind is relaxed and free from any mental disturbances. A very important habit that we should choose to make a part of our personality is the ability to give a brake to our thoughts of fear and anxiety in any type of situation and instead create thoughts of determination and surety of success so that even negative situations bring about positive results. Thoughts increase when negative situations come close to us and have an impact on our minds. So, in such situations, first of all realizing that any such situation has a hidden benefit inside it which we cannot see and also being sure that the hidden benefit will be visible very soon, is the method of remaining peaceful and calm. That means a mind with few thoughts and an intellect free of questions.

Do you know the original state of the soul, when it stayed in the soul world, was completely thoughtless? As it came down in the world and took one birth one after the other, the number of thoughts inside it started increasing. At the same time, the different types of situations surrounding it also increased slowly, showing how a mind without peace attracted peacelessness on an external level. **The confusion in the world today is nothing but a reflection of the nature of human minds which are extremely peaceless, to the extent that even a 6-7 hours night of sleep is difficult for some to experience at times.**

(To be continued tomorrow ...)

## Smile!

We all know and remember a smiley person – someone whose heart seems to radiate through their teeth.

And when they do, notice how it's almost impossible not to smile back... unless you are feeling very, very grumpy! So if you don't feel a smile coming on – why not do it anyway. Not only does it transform your inner chemical production and create 'happy hormones', but when people are on the end of your smile, they smile back (well most do). And if you really don't genuinely feel like smiling at life, the universe and everybody – fake it until you make it!

## Message for the day

**Creating quality thoughts brings happiness and lightness.**

**Thought to ponder:** When there is quality thinking, thoughts are not many, but each thought is special. Quality thoughts are reflected in quality words and quality actions. They reduce tiredness and carelessness as thoughts are fewer in quantity.

**Point to practice:** When I have good quality thoughts, I experience sweetness, happiness and self-respect. I am able to recognize my own greatness and move forward with lightness under all circumstances.