

Today's Thoughts: September 17, 2020: Determined Thoughts



Lenticular Cloud over Mt. Rainier, Washington State, USA

Determined Thoughts

Determined thoughts disperse the clouds of negative situations. A lot of negative situations are bound to come our way, resulting in grief, pain and disappointment. At the time, such difficulties feel insurmountable and seem to last forever. I need to recognize that the difficulties I face are like passing clouds. These clouds gather around me at times, are only temporary - sooner or later they will fade away. Understanding that no problem lasts forever will help me develop the determination I need to work on my problems. I will then be able to face any situation with ease.

Spirituality And World Transformation (Part 4)

As we have explained earlier in this series, the Supreme Soul always remains an Ocean of the spiritual virtues or elements **peace, joy, love, bliss, purity, power and wisdom** right through eternity. The soul is made up of three faculties - the mind, intellect and personality. **Meditation is a direct connection in which a human soul, using the two faculties - the mind and the intellect, connects with the most powerful Supreme Source or Soul and draws spiritual power from it. This absorbed spiritual power then transforms the third faculty - the personality, filling it with the virtues mentioned above.** The more the spiritual power absorbed the greater and faster is the filling up of virtues. These virtues then become a balm which heals the many different types of wounds of ego, anger, hatred, hurt, jealousy, possessiveness, greed, criticisms, desires, etc. which have left their mark on the soul in this and many past births of the soul. They gradually restore in the soul the confidence to emerge from the shadows of negativity and to live in the light of its original nature. It is amazing, and heart-warming, when one rediscovers these qualities beneath all the other impressions formed during this and previous lives that have probably been peaceless and sorrowful at times. The journey of meditation bypasses all the negative tendencies and allows the soul to touch these original qualities, experience their truth, and express them in its life.

The other three factors which help us in understanding as well as experiencing peace, joy, love, bliss, purity, power and wisdom are:

- 1. The understanding and inculcation of the complete spiritual knowledge** of the soul, Supreme Soul and the eternal world time cycle.
- 2. Attention on the self and checking and changing the self** during the entire day and also keeping a daily chart of the main weaknesses or negative personality trait in the self, which is filled every night before going to sleep.
- 3. Sharing the spiritual virtues along with spiritual knowledge** with others through thoughts, words and actions. Treasures shared with others will bring about a direct increase in the treasures in the self. Also, blessings received from others, by serving them help in the same purpose.

Deceptive Love

Deceptive love is love where there is no honesty in the heart. It creates dependency, and looks more like a deal than a relationship. This kind of love has become like a drug. We do not want love that is going to make us dependent. Love should be such that it makes honesty and truth grow. It is honesty that shows us what love is and real love shows us what honesty is. The way to free ourselves from dependency on false love is to experience the fullness, the sweetness, of love that is true. Replace poison with nectar and it will be easy to recognize the worthlessness of false love. We should not just accept whatever love comes our way - from here, there, everywhere. If somebody wants to give you love, first see what kind of love they are offering. Your intuition should realize very quickly what kind of love it is. To experience true love we should ask: Is my heart clean? Is it honest? Is it open? If it isn't, if my heart is still broken, I will not be able to experience true love.

Message for the day

Where there is no trace of laziness or carelessness, there is progress.

Thought to ponder: Check if you are finding progress in your life. If there is any kind of dissatisfaction, check if it is because of any kind of laziness or carelessness within you.

Point to practice: In order to bring progress in your life, see that the weaknesses that retard your progress are removed. For that create an aim for yourself and work towards it. It could even be a very small aim that would help you move forward.