

Today's Thoughts: May 16, 2020: Happiness



Happiness

Happiness is not a destination, it's a journey. Happiness is not tomorrow, it is now. Happiness is not a dependency, it is a decision. Happiness is what you are, not what you have.

Absorbing Spiritual Light (Part 3)

Continuing from yesterday's message, we should not keep the vices bottled up inside us like prisoners. Prisoners are always plotting to escape. If we change them into our friends they can help us. For example, the energy required to be stubborn is almost the same as that required to be determined except that one is positive and the other negative. **The soul learns to transfer such energy.** Anger becomes tolerance. Greed can be transformed into contentment. Arrogance, or the respect for false identity, can become self-respect. Attachment can be changed into pure love.

The more I inculcate the Supreme Soul or God's virtues, the closer I feel to Him, but if I allow inner disturbances due to any vice, my high stage is grounded. All the power stored up until that moment will leak away. I must recognize that I really do not like being body-conscious. As I wish for higher experiences I choose to live the life of a meditator with purity in thought, word and action. Obstructions come within and without, but through my connection with God I am drawing so much power so as to remain unaffected. This needs soul-consciousness. **So in discarding the rubbish of the vices I have gathered over many births, I become my original form and maintain it through my closeness or companionship with God.**

Power of Silence

Silence is the best language for communication. It helps us understand and realize the eternal truths about the self, God and the world.

In silence we are able to comprehend and express sincerely and powerfully the true values of the soul such as peace, love and joy.

Silence is not the absence of thoughts but it is a state in which the mind is engaged in pure elevated thoughts that nurture these values within.

The power of silence develops all mental and spiritual powers that are needed to tackle various situations successfully.

Message for the day

To have a positive conversation with the self is to empower oneself.

Expression: Everyone is irritated with a person who nags or talks negative all the time, especially if they are really close to us. During negative situations, we too tend to nag or have continuous negative talk with ourselves. Since we are our constant companions, we tend to end up getting irritated or upset by the end of the day.

Experience: Today I will talk positively to myself. I will encourage and explain to myself. I will not nag myself, but will have a positive conversation with myself. I will help myself become better by learning from my mistakes and encouraging my successes.