

Today's Thoughts: July 10, 2020: *Grace of an Angel*



Grace of an Angel

Move through the world with the grace of an angel,
the dignity of a sovereign and the wisdom of a child.

The Gateway To Peace And Happiness (Part 3)

Deep silence filled **meditation** is the method of filling the self with the *sanskaras of mukti* or liberation because the soul in the soul world is completely peaceful and meditation is the method of experiencing peace by connecting oneself with God, the Ocean of Peace. So, the regular practice of experiencing oneself as a soul and visualizing the self or the soul in the company of the Supreme Fountain of peace in the soul world is the method of opening the gate of the soul world for the self. This is a liberated state or an out of body experience by detaching myself from action. That is why it is called liberation and not liberation-in-life. To fill the self with the *sanskaras of jeevanmukti* or liberation-in-life, we need to bring all the four subjects of a spiritual lifestyle in our life –**spiritual knowledge or gyan from God, meditation or yog** or a powerful connection with God while performing actions, **filling oneself with seven spiritual qualities** - peace, joy, love, bliss, purity, power and truth from God, who is an Ocean of these qualities which is also called *dharna* and **sharing God's knowledge and qualities with others or seva**. The combined power of these four subjects increases the soul's capacity to remain untouched by the ups and downs of life and remain constantly happy under different types of negative situations. This is *jeevanmukti* or liberation-in-life i.e. while leading my day-to-day life; I am liberated from the influence of the negative circumstances around me, which helps me fill myself with the *sanskaras of jeevanmukti*. We need to spend many years of our present life in both these experiences – *mukti* and *jeevanmukti* and fill ourselves with both these *sanskaras* as mentioned above.

When the world drama comes to an end shortly, souls, on the basis of their *sanskaras of mukti* and *jeevanmukti*, which they have filled themselves with at the present moment, will go back to the soul world i.e. experience complete *mukti* and then after staying the soul world for some time, they will come down on Earth to play their part of happiness i.e. complete *jeevanmukti* i.e. a life without any trace of sorrow. Both these experiences are the birthright of every human soul, which can be taken from God at the present moment.

To understand the importance of something is to do it immediately.

When I understand that something is important in my life, I need to bring it into action immediately. If I don't do that, it means I haven't fully understood its importance. So, I need to make time for it on a daily basis. When I take little steps towards it, I will be able to slowly get the courage and also the time to do it. Today I will not say I do not have time for what I feel is the right thing to do. I will allocate at least 5 minutes each day to do what I have to. Slowly, I find that the time space available for this activity would automatically increase.

Message for the day

To have tolerance means to be stable.

Expression: When one is faced with defamation or insult, tolerance gives the power to be stable and cool. And so there is the ability to smile even when there is negativity that comes. Tolerance means to see beyond the insults because of being stable in the stage of self-respect.

Experience: When faced with criticism, if I am able to be stable in my stage of self-respect, I am able to learn from every negative remark that comes my way. I will never become defensive, but will be able to see clearly what new learning I could take.