

Today's Thoughts: November 08, 2020: Trust Yourself



Trust Yourself

In any relationship trust is the first thing to leave and the last to return. And if you recognize that the most important relationship is with yourself, then perhaps it's time to start some trust building close to home. Make and keep a promise or a commitment to yourself, however small - in fact, start very small! Make one and keep one today, and then notice the surge of inner power as a result. See how much more you like yourself as a result. Trust is being built.

Positive Thought Based Living (Part 3)

A very easy technique of radiating good wishes at the level of the mind is looking at others as a spiritual being of light i.e. looking at the spiritual form of others. We all know from our previous messages that the soul is a spiritual energy which constantly radiates energy to the world. **When I look at the star like form of others which is the form of the soul at the centre of the forehead, which is the same as my spiritual form, I radiate my original qualities of peace, love, purity and joy to others.** It's like empowering others with my vision. This again is to be done in complete humility and remembering that the other person is my soul brother and we are children of one Father - God and we share a common bond with Him. Also since we are children of the one Father, we have the same original *sanskaras* or qualities mentioned above. Every day you meet so many people. Look at them as soul brothers at the centre of the forehead – the sparkling star of spiritual energy, full of pure qualities. This way they will return what you share with them through your vision. God looks at all of us with this type of vision. God has the knowledge of your physical body or role but always looks at your star like spiritual form or the soul, which is your eternal form. The physical costume which we call the human body and the role we play is temporary and keeps changing.

Lastly, never think negative for any person. The busier we become, the more negative we get at times for others because we do not have time for introspection or looking inwards. Very often, we have got into the habit of having a negative mindset especially when we talk to our loved ones or close ones about others. We commonly say such and such person is not so nice and we mention some negative personality characteristic or weakness of the other person or a certain negative way in which he or she has behaved. It is so common.. You come home from office and talk to your family members about all the negative things that took place in your office and all the negative behaviors of everyone there. And all that you talk or discuss far away from the other person on a physical level but it all travels to others on a non-physical level, which creates barriers in relationships. **So think positive and think good, spread the energy of positivity to others all the time and enjoy what we call positive thought based living.**

Feel Light

When your mind feels heavy, give yourself a moment to let go. Like a bird, use the wings of your thoughts to take off, letting go of the branch, the things of the past, the way you thought yesterday...

Rise up into open space and notice the weightlessness of the moment. Notice how seconds don't weigh much as you enjoy the weightlessness and the lightness of your being.

Feeling light, slowly bring your thoughts back down to your surroundings and return your mind to the task at hand.

Message for the day

Contentment brings discipline in life.

Thought to Ponder: To be content is to appreciate everything that is in my life. When I live well, I will make use of everything that I have. At the same time, I will be open to new things without getting overly ambitious. This will ensure that I respect everything I do. This automatically sets a pattern and a discipline in my life and within this pattern itself there will be margin for new things.

Point to Practice: Today I will set up my routine for the day. While I set up a routine for the physical tasks that I do, I will also set up a routine for the mind. I will ensure that internally I appreciate everything that I do. That means, I am clear about the significance of the task and what quality I need to use while doing it.