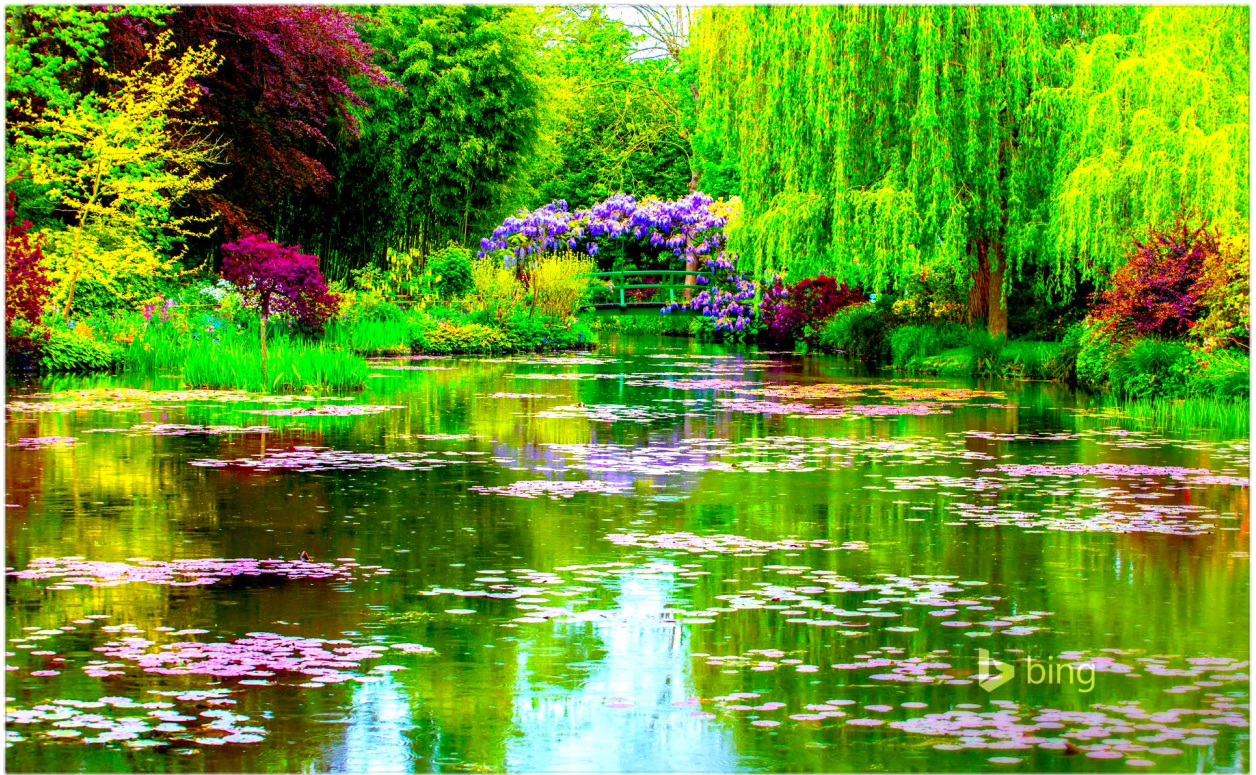


Today's Thoughts: July 18, 2019: Peace



Monet's water garden in Giverny, France



## Peace

Peace is filled with pure thoughts, pure feelings and pure wishes. When the energy of thought, word and action is balanced and stable, the individual is at peace with the self, in relationships and with the world.

## The Pledge Of Responsibility

A very important aspect of progress in the self and my relationships, which we all desire is restoring a sense of responsibility in my inner world, so that by doing that, I and others around me are benefitted. Even on a physical or non-spiritual level, someone who is responsible while playing his/her role or performing his/her duties either in the family, at the workplace or in some other setting e.g. a club group or a team in a particular sport or a social service group, not only feels content with his/her actions himself/herself but spreads ripples of contentment to others and receives similar energy from each one he/she is involved with. In the same way on an emotional or spiritual level, when I start my day I need to remind myself of my responsibility towards myself. I need to remind myself that I am responsible for the choices I make in my life which influence and color everyone around me. So do my thoughts, feelings, the way my personality functions internally and externally the whole day and my responses to people and situations, for all of which I am responsible.

It is like taking a pledge of responsibility with the self in the morning that today I will not create a single thought, word or action which is against the texture of my innate, positive nature i.e. irresponsible. And what will provide my pledge the much required strength of determination? An injection of positive thoughts, emotions and *sanskaras* within me in the morning, using a suitable technique of self empowerment like meditation or spiritual study or some other. By taking such a pledge of responsibility and by watering it with the energy of my attention from time to time during the day, I am able to implement it and can make a difference to not only the people around me, but to a lot more than that. In this way, as I change, the world around me changes, because the energy I create in my inner world starts flowing into my circumstances, my interactions, my sphere of *karmas*, etc. to make them positive, which benefits me in return in the form of a cyclic process. As I take this pledge and abide by it for a few days, I start realizing the immense potential that it possesses.

## Soul Sustenance

### Spiritual Education

Spiritual education leads us back to the understanding and the experience of our holistic existence as human beings, to the knowledge that we are spiritual, as well as physical, mental and emotional beings.

A true spiritual education could be described as:

- learning from others
- growing through others
- integrating with others
- contributing to others

When we are genuinely learning, only then can we experience spiritual growth. When we grow, we integrate with others and it is in that integration that there is a natural and mutual contribution to nature and other souls. These four processes of education are constantly at work, but only happen in a way that is enjoyable and meaningful when the spiritual resources of the self like peace, joy and love are activated and creatively used.

These resources, along with the mind and intellect, enrich the way we see the world, the way we interact with it and the way we individually create our place in it. These resources are the original qualities of the self, which we have not properly used for a long time. By become spiritually aware, we start to harness and use these positive energies.

## **Message for the day**

**A deep understanding and an attitude of pure feelings results in positive thinking.**

Projection: When we talk about positive thinking, it is usually just 'think positive' and 'be positive'. But just saying this, either to others or to myself, doesn't help to change my thoughts permanently, in fact usually, not even temporarily.

Solution: Real positive thinking is much deeper than just to think positive. For this I need to understand and see things as they are, without colouring them with my own attitudes. Then I can deal with things in the most appropriate way, having understood everything accurately.

## **Being Fortunate**

To transform the ordinary into something special is to be truly fortunate.

When I respect myself and acknowledge the strengths and talents that make me unique, I connect with my inner self.

I realize I have power within to make everything I do, even the most ordinary act - special.

Then I become truly fortunate.