

Today's Thoughts: January 26, 2020: The Gift



The Gift

Give everyone a gift. Through your mind give the gift of powerful thoughts, through your words give the gift of wisdom and through your actions give the gift of virtues. For this, pay attention that at every moment you can access your personal stock of powerful thoughts, wisdom and virtues.

Restoring The Mind-Body Balance

Many people are under the impression that the focus of spirituality is only on the mind and the soul, and the physical body is neglected. But that's not true. Our physical body is essential to our life and the art of living. It is our vehicle and our home. An appropriate balance of **diet, sleep, relaxation** and **exercise** is important for the body. However, when we enter the world of spirituality, the main emphasis is on the mind and the soul. This does not mean that we do not value or take care of our body. Without a healthy body, we would not be able to express ourselves mentally or spiritually. **Spiritual progress, which includes the listening/studying and imbibing of spiritual knowledge, the practice of meditation, the inculcation of divine virtues and the spiritual service of others through different means is much easier and better with a healthy body.**

Unfortunately, though, we have lost the art or wisdom of balance and for very long we have placed too much emphasis on our physical form, the body; and less emphasis on our spiritual form, the soul, as a result, reducing our spiritual awareness. One of the aims of spirituality is to restore this balance between mind and body so that we can experience well-being and happiness at every level. So while our body and our physical energy are essential, the focus of spirituality is on the mind and the soul, to help regain the balance.

Soul Sustenance

The Spiritual Concept Of Becoming A Trustee (Part 1)

Spirituality introduces to us a very beautiful concept of trusteeship. At first, I realize that as a spiritual being or soul, I possess the treasures of my mind, my thoughts, words, actions, virtues, powers, time, physical wealth, etc. Even my physical body is a treasure. **While I may have many a times misused these treasures earlier, now I learn how to use them correctly for my spiritual upliftment or the long term benefit of me, the soul. As per the Supreme Being's instructions, I use these treasures for a positive purpose of bringing not only myself but others also, closer to a state of truth,** a state in which the soul experiences its original virtues of peace, love, joy, purity, power, wisdom, etc. By doing that I, in return, experience spiritual self-growth.

Each time I deviate from this purpose, I come down spiritually, or I do not grow spiritually. This is a different type of existence as compared to before when I did not even realize that these were treasures in the first place. **A treasure can be defined as something of immense value. So, these physical and spiritual energies or resources (mentioned above) which I own or possess, become treasures because by the right use of them towards myself and others, I can increase my value.** Here we refer primarily to the spiritual self's value. Once that is increased, the physical self's value also increases as a result.

(To be continued tomorrow...)

Message for the day

It is only when you have love for yourself that you can forgive yourself.

Expression: Love gives you the power to forgive. Just as you find it easy to forgive a person you love, when you have love for yourself you can forgive yourself too. It is only then can you find yourself learning and progressing without making yourself heavy.

Experience: When you find yourself making a mistake, remind yourself that if you have to progress you have to forgive yourself. Learn from your mistake in such a way that you never repeat it and forgive yourself. Then you'll be able to move forward with lightness.

Cooking With Love

In today's information age, we are continuously bombarded with details about the physical aspects of what we eat and the effects that different ingredients may or may not have on us, and naturally this is important. But in this heap of information, we tend to overlook one crucial factor: the consciousness (state of mind) of the person cooking and the effect that this will have upon the food, and thus also on those who eat it. A cook prepares food in a physical place, but also in a spiritual or inner space. And just as the physical surroundings are best kept clean and in order, so should be the state of mind of those in the kitchen. A simple and familiar example of this concept at work can be seen in the way that home cooking, especially that of one's mother, holds a special place in our hearts. The love and care with which it is prepared sometimes gives us more joy than perhaps food eaten in a restaurant setting where food may be prepared with greater technical skills but where stress, arrogance and greed may flavour the dish of the day.

(Continued tomorrow...)