

Daily Positive Thoughts: October 10, 2013: Heart of a Butterfly



Heart of a Butterfly

"...the caterpillar has the heart of a butterfly!" It is true that if we know within our hearts what we want to become, then we may become that.

Enhancing Your Will Power Through Fasting

Fasting Strengthens Our Will Power And Enhances Self Discipline Which Helps In Soul Cleansing.

Almost all faiths and traditions advocate fasting as a tool to spiritual upliftment. Most of us today find ourselves saying that we cannot live without mobiles, the internet, a car, an AC, coffee, etc. At such times these days of fasting make us aware of our own strength and will power which we are not using. **Fasting creates a disciplined regime and self control which takes us on a path of higher consciousness. The discipline of fasting teaches us that once we create a determined thought, nothing is impossible.** As we practice fasting on a physical level, we can also do it on a mental level. It is only a decision. We can decide that for the next 40 days we will choose peace instead of anger, in every situation.

In every faith, the fast is not just purely for a few minutes or hours but for weeks or even a month or more, because it takes time to realize, appreciate and sustain changes at a deep-rooted level. **During any fast it is important to give attention to intention.** Are we doing it because our religion says we must do it; everyone is doing it so we must do it; have been doing it every year; to appease God; if we don't do it we will be punished... If it is any of these or similar intentions, then pause and consciously change the intention to a higher purpose. **We do it so that it gives us the strength to connect to God, and to clean our self of our weaknesses of ego, anger, greed, jealousy and pain.** Let us choose one sanskar of ours today, and let us make a firm resolve that for the next 40 days we will abstain from it - irritation, criticism, anger... and use instead a sanskar of patience, appreciation, love. If we are holding any hurt or animosity, now is the time, create one powerful thought - Past has passed, it's over. Forgiveness is the message of every religion, so let us follow our religion. It is a time of love and unity, where let go of every negative thought. **Let us not just cleanse our body, but cleanse the mind also.** Religion gave us the tradition of fasting, so that it comes as a reminder for us to take out time for soul cleansing. When the vibrations all over the world are of determination, fasting and will power, any decision made today will be easier to implement. **Each one of us should be a part of Ramadan or Ramzaan, which has just begin; even if we are not doing it physically, let us be a part of it mentally, and join together to celebrate the love and unity of one global family.**

The Greatest Wealth

Leave worries aside and you will be surprised by the beauty of the sky and the color of the flowers, of the freshness of the breeze and the generosity of the sun. You will feel you are part of creation, and life will start to make sense. The greatest wealth is to appreciate what we have and what we are.

Soul Sustenance

Effect of Food On The Mind

All foods have their own subtle (non-physical) vibrations or energy levels.

Food feeds more than the stomach; it not only affects the working of the body but its subtle energy influences the mind.

Consumption of food allows the energy levels to have an effect on our system, for better or worse.

Experimenting with the effects of different foods, three categories were defined corresponding to the particular energy that existed in them.

The first is **Satwik** or sentient food – this type of food is filled with vibrations of purity, self-awareness, love, peace and joy. This category of food includes fruits, vegetables, beans, nuts, grains, milk and dairy products. It helps our emotions and mind to remain in a stable and peaceful state. This in turn affects our thoughts, attitudes and behaviour.

(To be continued tomorrow)

Message for the day

The combination of lightness and seriousness gives the best results.

Projection: When we are working seriously on something, we usually find ourselves getting very serious and grim. We cannot be light at such circumstances. At the same time, lightness is sometimes seen as being careless. So we are encouraged to continue in that way and we can rarely be light while fulfilling our responsibilities.

Solution: We need to remind ourselves that while working at some important task we need to make effort to maintain our own internal lightness even while doing our best for the success of the task. This lightness will enable us to bring perfection to our task, as we do not feel the burden.