

Today's Thoughts: June 15, 2020: Healing



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## Healing

I gently return to equilibrium, nurtured by a well spring of love. I, the soul, am washed and soothed by the quiet energies of stillness. Embracing the vastness of my inner landscape, I understand the cycles of growth and decay. Today I will fix something broken, or find a new use for it.

### **Soul Power Over Role Power (Part 3)**

Continuing from yesterday's message, **the remaining components of soul power are:**

**The power of good wishes, desires and feelings full of love for others**, while coming in contact with them. These type of feelings will bring good wishes in return from the other to you, which will not only empower you, but will also assist your physical role on a subtle level.

**The power of complete purity and cleanliness in thoughts, words and actions**- A state where one is not under the influence of vices like anger, ego, attachment, greed, hatred, jealousy etc.

**The 8 main powers - the power to tolerate, accommodate, face, pack up, discriminate (or discern), judge (or decide), withdraw and co-operate** – their implementation on an internal and external level i.e. not only in words and actions, but also on a thought level. Where there is lack of any of the above powers inside me, there will definitely be waste and you will be weakened, which reduces the probability of success of your role.

**The power of truth or spiritual wisdom** - A state where the self has deeply realized and understood eternal truths of the soul, the Supreme and the Law of *Karma* and has drawn immense amount of power and experience from that knowledge. The power of physical knowledge would fall under role power, which has been explained earlier.

By focusing on each of the above components of soul power and those explained in yesterday's message, by giving them more weightage and using them along with the components of the role, which were mentioned in the message before that, one can experience the desired success in any role in any sphere of life very easily without much effort.

**To stand for what we believe in is not to fall before what we fear.**

When fear takes over, I need to focus more on what I believe in, rather than focusing on what I fear. To think of what I don't want or what I want to avoid is not the solution. Rather, I need to focus my energies on what I want. When I do this, I will be able to avoid negativity and use my potential and energy for what needs to be done. Today I will think of one thing I have been avoiding. I will then see what I want to do in its place. If I don't want something, there would surely be something that I want. When I start working on what I should be doing, I will naturally be able to do away with what I fear or what I am avoiding.

### **Message for the day**

**To have the consciousness of being on a pilgrimage is to move forward with contentment.**

**Thought to ponder:** On a pilgrimage, there are many obstacles that one faces. But they don't stop, because their goal is clear. In the same way, in our lives too, when we move forward with clarity, we are able to be free from wasteful actions. We will do only that which is useful and that too with love and dedication. Also, there would be no looking back, the journey is always forward.

**Point to practice:** Today I will remember that I am on a pilgrimage. Whatever I do today holds significance and I do it with so much dedication and love. I will only do that which is right. I will not perform any action, which is negative or destructive for the self.