

Today's Thoughts: July 11, 2020: The Quality of Mercy



The Quality of Mercy

A person with the quality of mercy works on such a subtle level that the support given never demeans or implies weakness in the other person.

Going Beyond

If the **quality of my thoughts** can influence my physical health, the atmosphere around me and my relationships, it will definitely **affect my relationship with God**. Unlike physics in which dissimilar forces (positive and negative) attract each other, the basic principle of spirituality is that similar forces attract each other. **If my mind is caught up in cycles of negativity, the dissimilarity between me and God will create distance between me and Him**. With the awareness of being a soul, a being of spiritual energy, spiritual light, I begin to have a certain amount of mastery over my own thoughts and their quality. Also, the process of finishing negativity is accelerated. Just stepping away from the limited consciousness of the body and bodily connections (not leaving them) stops negative thinking in the same way as by just putting a switch on, a light is turned on and darkness finishes.

If explorers had never ventured beyond their home countries, they would have remained firm in the belief that the rest of the world simply didn't exist. In the same way, **if I allow myself to stay only within the physical and limited sphere of thinking, then I would declare that there is nothing beyond**. It is when I make the effort to go outside the boundaries of my previous thinking, that I have the chance of discovering more. The quest for a source of love, truth and beauty – the Supreme eventually brings me to the necessity of looking beyond not only my own body, but also other human beings and matter itself. **Through the practice of seeing the self as an eternal soul and disciplining my mind I create the possibility of discovering the existence and nature of God and having a deep relationship with that One**.

Bring about a change

If someone behaves negatively towards you, can you have good wishes for them? When you get affected by other people's negativity, your positivity depletes.

Try to work on creating good wishes for all (especially for the negative people in your life).

Your good wishes can help, support and empower the other person to bring about a change for the better.

Best wishes to you!

Message for the day

Concentration develops when the intellect is clean and clear.

Expression: For the one whose intellect continues to wander, concentration becomes difficult or impossible. On the other hand, for the one who is focused on one thing there are no other distractions at that time and there is easy concentration.

Experience: When I am able to remain focused, I am not troubled by distractions which lessen my concentration. Instead I am able to increase my discrimination power and am able to decide and judge well. This happens because my intellect becomes clean and gets cleared of waste.