

Today's Thoughts: July 16, 2020: True Determination



True Determination

When the quality of the mind - peace, happiness, depth, purity - can remain still and uninterrupted by the bumps of life, that is true determination. Inverted determination is battering at life from the outside, trying to change what is visible.

A Gauge To Check How Spiritually Powerful Am I

The territory of spiritual understanding is both infinite and unlimited. Simply put, spirituality can be defined as the rediscovery of the deepest values, virtues, positive *sanskars* or characteristics of the human soul. The innate attributes or characteristics of the soul (peace, love, truth, purity and happiness) give the soul its power. **The power of the soul cannot be quantified either on a physical or a non-physical level. The power can only be experienced and revealed to the self and others through the quality of the above characteristics and the different forms they are given by the soul itself.**

For a practitioner of meditation, whether a beginner or an experienced one, patience and a gentle persistence guarantee two aspects of self-progress (in varying degrees in different souls):

- 1. rediscovery and revelation or expression** of one's spiritual attributes and secondly, but very importantly
- 2. the ability to give them an appropriate form internally or externally, depending on the requirement of the situation.**

A particular soul might be good at both aspects, another one very good at the first aspect and not so good at the second one. When we choose to be peaceful, we reconnect with our inner peace and create the spiritual form of peace within our self. This form created is different for different souls, depending on how powerful the soul is. So what is the quality of that form, what is the quality of our peace? Is it a superficial quality that is easily disturbed with unexpected changes in our external circumstances, or is it a deep peace which is stable even in the face of fierce criticism from others? Only we know the quality of our spiritual forms.

To be a light house is to show others the right path.

A light house is one which is stable even in the worst storm. When I am able to have this quality of stability, I will be able to show others the right path in all kinds of circumstances. The negativity of the situation may trouble or affect others, but I continue to provide the right direction to all. Today I will give hope to someone who is hopeless. I will provide support, direction or encouragement to help this person move forward. I will also ensure that I am moving forward too, learning from all situations.

Message for the day

You'll be able to do your best when you have respect for the tasks that you are involved in.

Expression: Even the smallest task that you do becomes special when you understand why you are doing it. It then enables you to have respect for whatever you do. When you work with this respect you'll automatically do the best.

Experience: Check what your feelings are in all the tasks that you are involved in throughout the day. In case you find any task as unimportant don't do it. Also tell yourself at the beginning of the day that today you will take the time to do everything properly.