

Today's Thoughts: October 02, 2020: Thought Power



Thought Power

Through our thoughts, we are either gaining power or losing it. With pure thoughts power is generated, and with impure thoughts power is destroyed. Pure thoughts are those that express our spiritual personality, impure thoughts are all the others. They have nothing to do with our truth. Thought is the vehicle which takes us from our non-spiritual self to our truth.

Pure Cooking (Part 2)

1. First, it is essential to develop a positive attitude towards cooking. Before undertaking any food preparation, ask yourself. 'Do you consider the project at hand to be an enjoyable, creative activity or an unpleasant time-consuming boring, repetitive karma' Find a way of enjoying it, by playing spiritual songs or trying new recipes and having deep meditation while cooking.
2. Before cooking, make sure the kitchen is clean and in order. Take out all the things you will need to make the meal and place them where they will be used. This makes the process of cooking more smooth and enjoyable.
3. While cooking avoid doing other work in between. You will actually be saving time and the food will definitely turn out better.
4. As much as possible, remain in silence, paying attention to the quality of the thoughts you have. Try to have pure and peaceful thoughts. This creates a powerful atmosphere that fills the food with pure vibrations and brings personal benefits as well.

Trust

Trusting other people is not easy because there's always a risk. People can make mistakes, let us down....

Maybe we need to learn to trust without being naive;
give people the benefit of the doubt and be cautious when caution is called for.

Message for the day

Positive thoughts save time.

Thought to Ponder: However hard I try to make plans to save time, unless I make a plan to organize my mind, I will continue to lose precious time with waste or negative thoughts. Even not following time schedules creates stress. So instead of focusing on organizing time, I need to save time, by using my thoughts well.

Point to Practice: Today I will keep a check on my thoughts. I will spend at least 15 minutes throughout the day with something that will keep my mind positive. And I will sustain this for a few days so that I start observing the difference it creates.