

Today's Thoughts: October 21, 2020: Character



Character

To forgive and forget is to reflect love. Situations pass, they cease to exist, but they continue to be alive in the mind. Open your heart and be generous, free yourself from that sorrow, forgive and forget and you will live every moment in peace.

God And I – The Task We Share (Part 3)

Giving comfort to others and caring for them is God's nature. And remember, God is the one whom we have to follow when performing actions. Why is it that God is such a merciful parent who does not spend a single second without thinking about the benefit of the billions of humans who face some trouble or the other in their lives? God wants to liberate everyone from sorrow and bring a land of happiness for everyone. Do you know that God is an intelligent energy which is not spread all across the world but He stays in the soul world which is a world up above and beyond the five elements of nature? **Because He is the most powerful being, the energy of His presence can be felt by anyone who remembers Him, wherever they may be on the planet earth.** This is because God's power of thought is so strong that He can respond to anyone who remembers Him by sending out a vibration of spiritual energy and providing help to that particular person. Because He is the purest and most powerful being that exists, God can do this for the more than 7 billion people of the world at one time.

If someone were to ask **what does God do the whole day? This is one important thing that God does – taking care of the whole world and answering each human being's prayer.** Of course, to what extent He does that for each one of us depends on the cleanliness of our hearts and how much we love Him, remember Him, respect Him and follow a lifestyle full of thoughts, words and actions which He likes. So this is God's service. Do I as God's child think of ever following Him in this task that He performs the whole day? **Serving others in the same way as God is my responsibility towards the world.** I need to fulfill that responsibility in different ways.

(To be continued tomorrow ...)

When things heat up, stay cool not cold.

Lose your temper and you lose your cool.

Freeze-up emotionally and you may across as cold and distant.

Instead, keep your head up and keep your heart strong.

Then you're likely to stay calm and clear headed.

Message for the day

Positive thoughts are the best nutrition for the mind.

Thought to Ponder: While we know that positive thoughts are the best nutrition for the mind, we need to recognize the source of these thoughts. One good way is to spend quality time with something that acts like a good company- a person, a book or an environment. As is our company, so are our thoughts. Also, it is good to avoid bad company- company that has a subtle influence on our thinking.

Point to Practice: Today I will spend some quality time with someone or something that will generate positive thoughts. I will spend at least 15 minutes today, which will help me to be positive and help me re-energize, because only the one who has power within is able to maintain positivity even in negative situations.