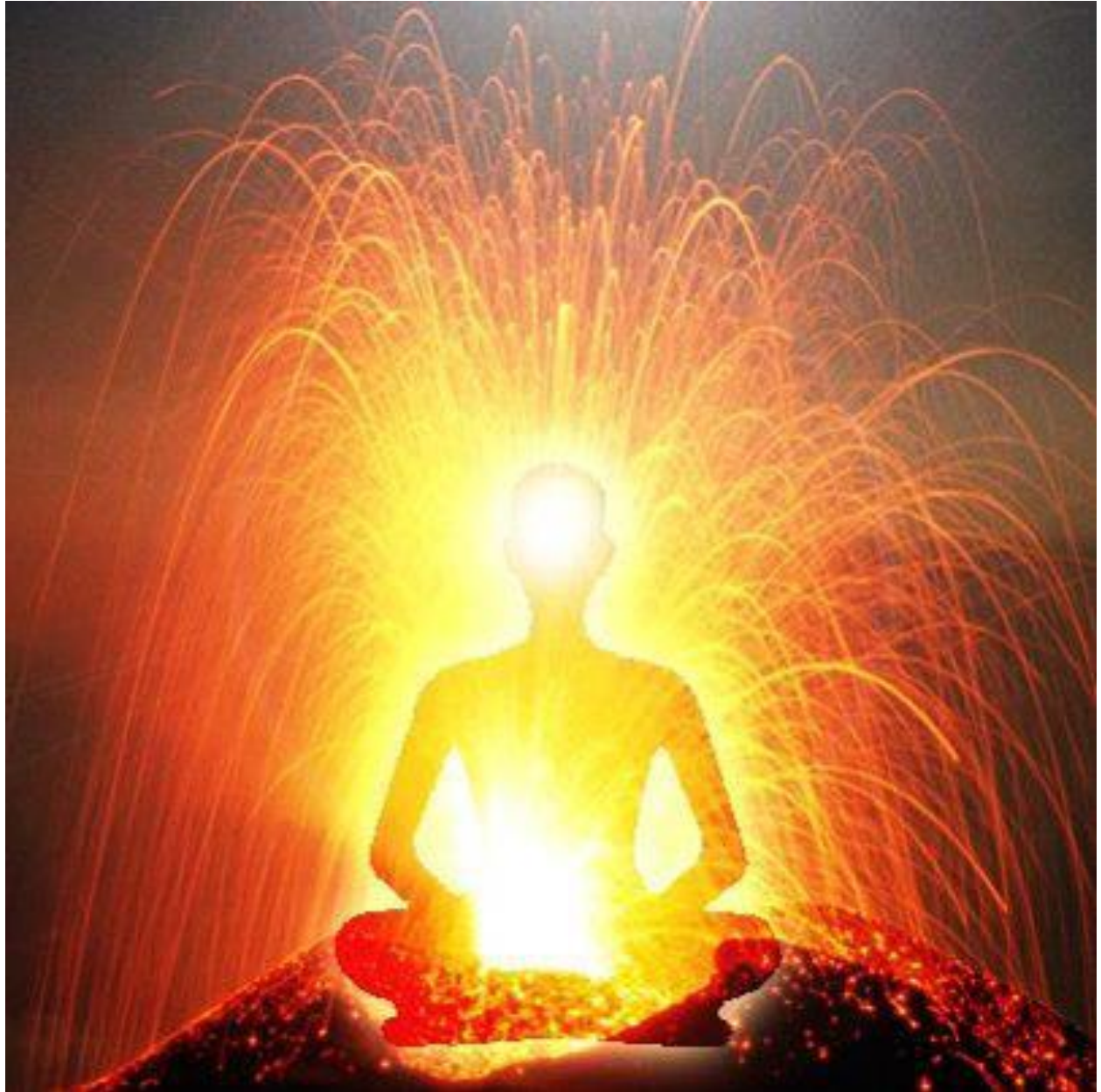


Today's Thoughts: October 31, 2020: Purity



Purity

A powerful, yet often misunderstood, aim of spiritual study is purity. Purity of the soul means to return to its original divine qualities. The soul has become so polluted with less than divine qualities, it can hardly enjoy being alive. Purifying the soul puts the higher self back in charge - useless and negative thoughts are removed and annoying habits finish. A pure soul cannot be touched by sorrow; indeed the power of purity is such, it serves to remove the sorrow of the whole world. Purity restores happiness - even bliss. All you need to do, in order to re-establish your purity, is want it. But you need to want it intensely, to the exclusion of everything else. The one thought, "I must become completely pure" sparks a fire of love between you and God. This fire melts away all the pollution, and your purity becomes such a power that it frees you from all battles for ever.

Negative Control And Positive Influence

The power of influence in relationships is extraordinary, but it practically disappears when we try to exercise control and force.

You can influence anyone positively in many ways:

- **encouraging,**
- **sharing,**
- **listening,**
- **communicating in the right way.**

In **negative control** we generate stress, frustration and anger. In **positive influence** the energy flows in a relaxed way with harmony and is not threatening, respecting each one for their specialty and allowing each one to be as they are.

In order to influence positively we need the power of discrimination and judgement in relation to what to say and what to do e.g. when you believe that the other person is the problem; generally the problem is not what others say or do, but rather how you perceive them. The way that you judge is what creates your negative feelings about them. **We have the choice to perceive others as a threat, as a problem, or as an opportunity;** an opportunity for learning, for change, for dialogue and understanding. We can choose to have compassion (kindness); to feel that the other is a problem indicates a lack of compassion.

Irrelevant thoughts come in abundance.

They take your attention away from the present moment, into the past or the future, as you imagine problems, create doubts and confusions.

And before you know it, you're caught in a spider's web of thoughts.

The next time you find yourself stuck in a web of your own creation, untangle yourself from irrelevant thoughts, and be free.

Message for the day

Faith in God gives you power to face the different challenges that come your way.

Contemplation: In the difficult situations that come in your life when you have faith in God, the power within you is brought out. With the faith that God is with you, you can transform negative to positive, and impossible becomes possible.

Application: When any task demands strength beyond your capacity, make the all-powerful God your companion. With the power of His companionship you will find things a lot easier to handle. Because of your faith help automatically comes.