

Today's Thoughts: October 30, 2020: Comparing



Comparing

If I am always comparing myself with others, I will either suffer
from ego or jealousy.

Tapping Guidance From The Supreme Intellect (Part 2)

In yesterday's message, we had discussed how no human entity can fulfill all the necessary requirements of someone who can guide us correctly in any difficult situation. Thus to proceed in such a situation, it's good to take the guidance from the intellect of someone who fulfills all these criteria. That someone is no one except the Supreme Being or God, who is the entity possessing the most powerful intellect, and intellect with the most perfect judgment power. Sometimes my mind and intellect is absolutely clean and clear and I am 100% sure about my right course of action for the future, but even in those times its good to verify the course of action from a higher authority. So, in those times, it is very important to connect for a few minutes with the Supreme, who is an Energy of Unlimited Truth. Then, the question to ask myself at that time is not what do I want, or what do others want, but most importantly: What does the Supreme want, what is his wish, what is his perception of the situation? **The deeper my connection with Him in meditation, the clearer the answer will come.**

When it becomes a regular practice, it will be as simple as taking guidance from my physical parent or spouse or friend. I'll know without wasting time and energy, the right course of action. Sometimes it may happen that the answer may not come to me immediately, but by connecting my intellect with the Supreme's intellect my intellect will become clear, which will help me take the right decision. Also, in some cases the Supreme may not respond immediately but may guide me through some other medium, whether living or non-living after some time or even after a day or two.

Do something!

Every now and then, thoughts pop into your mind. Concerns, reminders of things you need to do or even a little bit of anxiety.

These thoughts are often warning signs that signal us to do something!

If you can't give it time at that precise moment, note it down, set a date for later, and make a commitment to follow it through.

Message for the day

The ability to bring out strength is to be constantly powerful.

Thought to Ponder: We normally get to a state of mind, according to the situation. But, we can take inspiration from examples like the incense stick which is full of fragrance, and spreads only that. Also is the example of the candle/lamp. It is fully of light so that is what it radiates. So it is important to connect to my strengths at all times, so that I can give what I have at all times.

Point to Practice: Today I will remember a positive quality that I have. I will remind myself of this at least 10 times or as many times as I can. And while I do that, whatever the challenge may be I'll believe in my own strengths and continue to use them.