

Hi, and welcome to the Daily Spiritual Thought. And today's title is: "Your life is precious – Live in the now."

Today, we're talking about your life, which is treasurable. That's today's message I want to share with you. So that you remember again that your life is unique and precious; no matter how things are going, live in the now. The more we study spirituality, the more we are taught to live in the now. Why is this so important? Because as you listen to this thought, you are creating your future. Make yourself aware of that now and then. Because there is no other moment than right now, in which you create your destiny. Precisely at this moment, it is decided whether you will be healthy, financially well off, no matter what it is about, successful. Success means that something was present as a cause, which something succeeds. And when is this success being established? Right now! Accordingly, you can realign your future at any moment. You decide if your life is harmonious or, say, chaotic, what you focus on now determines your tomorrow. But what does it mean to live in the present moment? It just means that we don't invest time and energy in an area that we don't want to welcome into our lives.

This also means that we no longer hold on to old negative feelings, such as hatred, resentment, grief, etc. Which does not imply that we should approve of everything. It simply means that we become more mindful of these impulses to understand what they are trying to tell us. Why do they always come up? Why, for example, does aggression towards a certain person keep coming up? To point out your own blockages, yes you got it right, you block yourself when you harbor negative emotions towards other people or situations. Because with that, you have captured an energy, so to speak. And this energy weakens you, reduces you, just won't let go of you and reminds you again and again that you should free it. Because, when you do that, you free yourself, your head becomes clear again, your thoughts become pure again. Because you have let go. If you can't see, no matter how negative something has been in your life, that it has served to mature you, then you have not understood this great gift of life. Everything that has come into your life has been for your development, so that you may experience yourself in your greatest version of yourself. Imagine that you have a picture of the world, how it should be, how you dream or wish people to be.

Wouldn't it make sense to start with yourself? Exactly this person you wish for on the outside, however loving he should be. That you represent this person yourself and carry it into the world. How can the world around you be loving if you still carry resentment, hatred, sadness, anger and aggression inside you? Imagine that would be the mirror image on the outside. You don't wish that in any way, right? And so it's important to recognize why we're always confronted with these issues. Whenever we pass judgment, whenever

we judge; and you know the phrase, "Judge not, that ye be not judged." Matthew 7, verse 1. This means that we carry the consequence of this around with us. Whenever we direct/judge, we bind energies in ourselves. And these turn against us until we recognize why they were there and then let go in love and ease. Today, more and more people realize what is happening on the outside. How many people have aggression inside them, how many people seem asleep; and that is exactly the same process. They have stored some energies in themselves, created some world views. Yes, they expect a completely different world outside than they themselves are willing to let come into being. And that's what your incarnation is about, always evolving and not holding on. To recognize, you are a divine, creative being, which can decide freely for one or the other way. Everything is always caused in the now. However you decide now, you will be allowed to welcome your corresponding future. Live consciously in the now and decide wisely.

For now, this is Andreas from Daily Spiritual Thought. Despite all hardships we're going through, have a wonderful time. Thanks a lot for watching, and God bless.