

Daily Positive Thoughts: August 29, 2013: Constant Attention



Breathtaking view of Kjeragbolten boulder wedged in a mountain crevice in the Kjerag mountains in Norway.

Constant Attention

Peace is not a passive attitude; it is an active state. It requires having constant attention in order to live and to respond as a peaceful being to any upset in life.

The Truth

There is no need to prove the truth. Trying to do so shows only your own stubbornness. Truth will always reveal itself at the right moment and the right place. You need be concerned only with living true to your own self.

Enjoying My Stay inside the Physical Body

An interesting comparison to understand clearly the relationship between the soul and the body is that the soul is the resident of a house or an apartment which is the physical body. It's the awareness of who is the resident living, which is separate from where he is living. I need to realize, that **like a resident of a house cannot be the house; he does not and cannot identify with the place in which he resides; in much the same way, I am not my body, the place in which I reside, but I am a resident.** A resident of a physical house may or may not stay in the house for 24 hours, depending on his/her role. But I, as a spiritual resident of this physical body spend all my time inside it, in fact a complete lifetime, then I move in to another house or apartment. Since I spend so much time inside it, I need to maintain the body, take care of its upkeep and the kind of physical and spiritual atmosphere that exists inside it. When I keep it clean, fresh and vibrant, only then can I live in it comfortably.

Do not forget, there's plenty of rubbish and dirt waiting to enter the apartment. My apartment's windows are my eyes and ears, through which rubbish can come in. This rubbish can be in the form of negative information, scenes, images and words. Rubbish dirties the resident, in this case my consciousness, taking me away from my true, positive, spiritual state. My nose, facing outwards, is like the front door of my apartment: it's the first part of me that faces the world. If harsh winds of difficult circumstances blow, and I don't know how to protect myself, I will catch a cold or fall sick i.e. my front door will be harmed and I'll become vulnerable. The living room of the apartment is my tongue which makes the first impression on anyone, whether it be positive or negative. **There will be constant attacks on our windows, doors, living room, etc. But if I am aware and alert, I will keep my house in order.** If any rubbish does get in, I need to soon clean it out again, so that the atmosphere inside the house remains positive and I, the resident can enjoy my stay in it.

Soul Sustenance

Meditation and Health

Each original quality of the self or soul is specially required for nourishing and empowering one human body system. The quality of **peace** is responsible for taking care of the respiratory system, **joy** for the gastrointestinal system, love for the circulatory system, **bliss** for the endocrine system, **knowledge** for the brain and nervous system, **purity** for the immune system and the five senses and **power** for the muscular and skeletal systems.

Each one of us has at least one body system, which is most prone to disease. When our mind is under the influence of stressful emotions, there is a decrease in the flow, from the soul to this body system, of that quality which is required by it for its nourishment, which leads to the development of disease in this system over a period of time e.g. when an individual with a weak respiratory system is in a negative state of mind, there is a decrease in the flow of the quality of peace to the respiratory system which in turn can lead to a disorder like asthma.

Message for the day

The one who gives constantly is a true bestower.

Projection: We usually find ourselves giving only to those who give to us. When someone gives us love or happiness, we too are inspired to give. So we find that unless we get from others, it becomes difficult to give.

Solution: We need to have the aim of not letting anyone go from us empty handed. That means we give them an experience of love or happiness or whatever they need at that time. When we have that aim, we will be able to give even when we don't get anything. And then, we find that only when we give do we get.