

Today's Thoughts: December 03, 2018: I am Love



I am Love

We seek it here, we seek it there, we look for love everywhere! We expect it to come to us, usually through another person. All our conditioning says it is something that happens to us. The mythology of our fables, legends and modern day entertainment industries say it is something we 'fall into'. And yet...and yet real love cannot be acquired, possessed or accumulated. It cannot be known when we think it comes from outside ourselves. The ultimate paradox is we are it. We are love. Each one of us is a source of love that has forgotten that 'love is what I am'. Say it now "I am love". Doesn't feel right does it? That's because it's been so long since we knew and experienced ourselves in this true way. And yet we all know that the deepest trust and the purest love is known and experienced only when we give it, not take it. As we give love in whatever way is appropriate, we are the ones to experience it first, on the way out. Falling in love is impossible. It is only infatuation, obsession with an external object which appears to fill a gap in ourselves. As soon as the object or person is remembered when they are not present and when they do not need to be remembered, it is simply attachment which, if sustained, will become a dependency. And attachment and dependency are not love. But you already know that...don't you?

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## **Calm and Cool**

It is so easy to speak negatively when we do not like something about someone. Sometimes we do react to the situation and get angry. We continue to find fault with that person. The person too responds negatively to our negative thoughts. And so there is no hope of creating a positive relationship. When something goes wrong in any relationship, the first thing we need to do is to keep our mind calm and cool. When we do this, we will not be caught up with the negativity of the situation or the negative trait of the person at that time, but we will be able to see something beautiful in that person. We will be able to appreciate and connect to the uniqueness of that person, thus creating space for rebuilding that relationship.

## **Self-Responsibility**

There are certain laws which are involved in our actions and interactions. They are not human laws requiring lawyers to interpret or the police to put into action. They are natural laws which are constantly operating in every relationship. They are often called the Laws of Karma (action): briefly described by the saying, "As you sow, so you shall reap", described by Isaac Newton as the Third Law of Motion i.e. for every action, there is an equal and opposite reaction. The Laws of Karma remind us that whatever quality of energy we give out, we get back. This might not be exactly 'tit for tat', but if we give happiness to someone, it will come back to us; if we give pain or sorrow, it will come back, perhaps not today or tomorrow, but at some time in the future.

Most of us are conditioned by the idea that we are responsible for some of our actions, but not all of them. For example, we would consider ourselves responsible for the actions which improved our company's business but would not consider ourselves responsible for not being on good terms with our spouse. If, as parents, we worked hard in educating our children and they grew up to become well placed and successful individuals in their lives, we would consider ourselves responsible. If on the other hand they don't make it to the top and are not so successful, we will blame our children for not putting enough effort or maybe the education system for the same. So we are selective in taking responsibility for our actions.

Through spirituality, we are reminded of the unchangeable laws of cause and effect, which awakens our awareness of our true responsibility for each and every action that we perform.

(To be continued tomorrow ...)

## Soul Sustenance

### Different Shades Of Attachment To Opinions And Ideas

Very often in a group or team, whether social or official, while moving towards a common goal or objective or purpose, different people in the group or gathering give their opinion to make the objective of the team possible. While giving their opinion, one very commonly sees two different categories of people. The first category contains type of people who are attached to their ideas (to different extents) while presenting them to the group and the other contains type of people who are extremely active, positive and authoritative in giving their ideas, when they are required to do so, but are able to keep a relationship of detachment with their ideas.

If someone is attached to his/her idea and it is not accepted, he/she might react emotionally (internally) or even physically (externally). He/she:

**\* might even start creating disharmony in the group by talking against or creating ill-feelings for the person who objected to his idea or**

**\* might stop co-operating with the remaining members of the group or**

**\* sometimes may just disassociate or distance himself/herself from the group**, which is a quiet way of non co-operation and can cause ripples of negative thoughts and feelings in the others.

These and others are some of the common reactions of someone whose idea/ideas are not accepted.

**So the right balance of authority (while giving the idea) and humility (while accepting the result of the idea, the result could be rejection or even acceptance of the idea) has to be maintained.** Humility comes very naturally to someone who is detached to his/her idea.

(To be continued tomorrow...)

## Message for the day

**The one who is able to discriminate well is able to bring about real benefit.**

**Expression:** Everyone naturally works for the benefit of the self and others. But the one who discriminates well is able to understand the other person's need and give accordingly. So whatever is done naturally brings benefit for others and also for the self.

**Experience:** When I am able to bring benefit for the right person at the right time with the right thing, I am able to win the trust of the other person. I expect nothing in return, but have the satisfaction of helping at the right time.