

Today's Thoughts: August 19, 2018: Let Go and Let Love



### **Let Go and Let Love**

Just as the bird has to let go of the branch in order to fly, in the same way we also need to let go to experience and express love. The branches we hold on to are our attachments (people and objects). When we mentally hold on to something or someone, we open ourselves to feel fear, pain, anger and possessiveness

Love is about letting go and letting others be. It's about appreciating and accepting without dependency and expectation.

## Uniqueness

There is usually a tendency to want to be recognized by others and we try hard to make our actions such that others are pleased with whatever we do. Sometimes we do succeed, but at other times when we do not get any positive response from the others, we then tend to become disheartened. We need to recognize our own uniqueness and remember it consciously in everything that we do. We need to recognize the fact that there is no human being without any specialty. We too have a specialty, which makes us special. Using this unique quality of ours will bring specialty in our actions too.

## Experiencing Freedom In Relationships

How much are you influenced by what others think of you and how they see you? The degree to which you act on the basis of what you think others want and expect of you, allows them to have power over your inner and outer world.

Important aspects are **how you think others see you, how you want them to see you and how you see yourself**. The person who is not conditioned by how others see them, and doesn't even think about how they would like to be seen, but who rather is comfortable with themselves, has a presence that generates comfort. Others feel fine around that person.

Let us learn to free ourselves from the conditionings that generate the thinking of how we want others to see us. Let us feel the freedom to let ourselves be how we want to be.

Try it and you will see that the results are amazing. That way, as you go along, you will take off the masks that you wear due to the fears of what others will say and think.

## **Soul Sustenance**

### **Inculcating Powers Through Rajyoga Meditation –**

#### **The Power To Pack Up (cont.)**

As I progress on my spiritual journey, even thoughts that waste the precious resources of the mind come to be seen as a barrier. Turning a scene over in my mind repeatedly is an example of waste, that will rob me of the mental concentration and emotional stability I need to keep moving forward. Sometimes we do get stuck, like a broken record, in such mental grooves, without realizing what we are doing.

The power of pack up means I recognize the damage caused by such waste, and put an end to it. As I renew the awareness of myself as a soul, in relationship with the Supreme Soul, the needle of my attention is lifted above the groove, letting me come fully into the present.

I also learn to be selective in what I choose to remember or forget from the past. This is not dishonest; in fact, it is being honest to my task. Human beings in any case have highly selective memories. We not only see and understand differently, according to our individual interests and agendas, but our attitudes and perception also determine the memories we choose to store.

Meditation enables me to exercise this option quite deliberately, picking up those scenes from the past that nourish me and help me move forward, and rejecting memories that pollute my mind and slow me down.

## 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.