

Today's Thoughts: August 08, 2018: Silence



"Whispering Angel"

Artist: Agostino Carracci (16 August 1557 – 22 March 1602) Italian painter and printmaker.

Talking comes by nature, silence by wisdom.

See Specialties

Sometimes people are not able to use their specialties. But even at such times if one has the ability to see their specialties there is the ability to give courage and enthusiasm to them. One can provide them with such an environment that allows their own growth. So whatever the circumstances may be, there is progress. When we are able to see the positive aspect of others, we can keep our mind free from a major portion of negativity. The potential of our thoughts can be used fully for our own inner progress and we can therefore make a contribution for the others too. This earns us blessings and good wishes from others, which further enhances our own progress.

Imbibing Or Absorbing Spiritual Knowledge

The first step into experience, particularly the meditation experience, is knowledge. What does it mean to 'know'? Knowing involves **four steps**, which ultimately give the meditator the experience of realization:

The first step of knowing is **information**. With information, our intellect opens to new ideas and opinions.

The second step of knowing is **knowledge**, when we begin to reflect and think on the ideas and views that we have listened to. At this point, we often have to select only a few of the ideas we have heard, as it is not always possible to reflect (think) on all the information that is fed to us. In order to deepen our understanding, we reflect on the information and sometimes discuss our findings and thoughts with others.

The third step of knowing is when we move from thinking to **doing**, that is, from knowledge to wisdom. Wisdom is gained when we commit ourselves to 'doing'. Knowledge translated into our everyday behaviour is called wisdom, which, in turn, is called quality life. A life of quality is where personal values are not only realised but also lived and experienced through our practical actions.

Doing, or practice, naturally brings us to the fourth and final step of knowing, which is called **truth**.

Soul Sustenance

Understanding And Overcoming Ego

Identification with the ego and the external self creates a false identity and extremes of feeling inferior, or superior, depending on the circumstances and people. It brings with it the thought of 'I am', which is based on gender, religion, nationality, achievement or talent, creating an attachment to the self, which always compares and competes with others. This insecurity leads a person into forcing others to act and think in the same way as them. An egoistic person, rather than recognizing that everyone is unique with a unique personality and has a right to express his/her respective personality, sees difference in personalities as a threat to himself/herself.

Where there is such ego, only yes people (who have the same opinion as yours) are allowed to come close: anyone with a difference of opinion is rejected. With ego, the original uniqueness of the self is denied, unrecognized and buried deep in the layers of wrong identity. This is why, these days, there is such an identity crisis - humanity has lost its soul, or rather, sold its soul to external traditions and attractions.

With ego, then: is the idea of 'I know best' and consequently the misunderstood duty and right to control and manipulate others, in their best interests (supposedly)! This results in the spoiling of the creativity and uniqueness of others.

(To be continued tomorrow...)

Message for the day

Pure feelings reach out and bring benefit to others.

Projection: When there is someone who is being negative, we tend to think or speak about the negativity we perceive at that time. To think about negativity is to imbibe a little of that negativity within our mind. Then our mind is no more pure and so whatever thoughts we have for that person don't have any positive influence and there is no benefit for them.

Solution: If we see someone using some weakness, we need to pay special attention not to think or speak about it. Instead we need to concentrate on some speciality of the other person. This gives them the encouragement to use it. The more we see negative, the more negative they will be with us and the more we see positive the more positive they'll be with us.