

Today's Thoughts: April 11, 2020: Hard To Forgive



Hard To Forgive

Why is it hard to forgive others? Usually because we believe that they are 90% to blame for the problem, that I am not as bad as they are. So I start to carry the load of other people's actions. If my ego is too hurt, I will have the sense of correction, of justice: 'I know I am right', 'That is not fair'. But if I start to forgive from the heart, sincerely, I remain humble and this forgiveness will bring me closer to others. Then I do not carry regrets or anger, I just let go and remain light.

The Relationship Between Virtues And Vices

When we are internally strong, our nature characteristics and skills are reflected, from inside us to the outside, to everyone we interact in, in the form of virtues. If we are internally weak, those same traits emerge and radiate as vices. **Vices are just qualities or virtues that have lost their focus and strength.** For e.g. if we take the quality of love - when a strong soul radiates love, it is unlimited and without any conditions. Such a soul respects and has good wishes for everything and everyone and under all circumstances, irrespective of whether love and respect is coming from the other side or not. When a weak soul radiates love, he/she tends to restrict the love to limits e.g. the love would vary from person to person and from situation to situation. **In a sense, if spiritual might (strength) and spiritual light (understanding or knowledge) are taken away from the virtues, they get transformed into the six vices, which make us spiritually unhealthy or weak:**

Ego - developing an image of the self that is false, temporary or imaginary.

Greed - finding short term fulfillment by acquiring material goods, a role in society or money or through the physical senses – eyes, tongue, ears, etc.

Attachment - finding security by developing a feeling of possessiveness over loved ones and material objects.

Lust - using excessive satisfaction through the senses as a means of fulfillment.

Anger - the feeling of hatred and revenge when any of the other vices are threatened or being taken away from us.

Laziness - becoming inactive on a spiritual, physical or mental level.

Calm and Cool

When listening to other people's stories, it's so easy to be drawn into their emotions, especially if they're someone close.

We join them in their emotional state and feel the same emotions, because we care - but is this helpful?

Instead, if we were to stay calm and cool when others' bring their emotions to us, we might just be more receptive to help and support them.

Message for the day

You will be truly successful when you are loving and detached with the ones you come into contact with.

Checking: With all the people that you come into contact with throughout the day, check if you are able to have a balance between being loving and detached. Detachment doesn't mean to stay away from people, but to be with them and yet be detached.

Practice: Make the practice of seeing only specialities, your own and that of others. This will enable you to maintain your self-respect and you will be able to find yourself both loving and detached.