

Today's Thoughts: May 12, 2020: Respect



Artist: Leonardo da Vinci-The Last Supper

## Respect

True respect does not come from what we do, as much as how well we do it. This means we are shown respect according to the virtues and qualities revealed through our behaviour.

## **The Method Of Realizing Your Purpose (Part 1)**

Throughout our daily routine right from the time we wake up till we go to sleep at night, we all always have something to think about, to say and/or something to do. We are occupied and are busy. The question is whether everything that we do forms part of our life purpose or whether we are simply occupying time spaces and using our mental, verbal and physical energy in activities, tasks and conversations that do not lead us to anything substantial or whole. We simply pass time doing and talking, but without a sense of purpose. **Although the things we do and/or speak about are necessary to be done, if they do not make up part of our life purpose, they will tire us. We will feel an inner emptiness and dissatisfaction, as if we are missing something.**

The most authentic purpose is that of fulfilling our ideal, our dream in life. What happens is that, sometimes, we haven't worked out what our true purpose or life dream is. **We have to ask ourselves what our true purpose is. There are two purposes – one is a purpose related to the self and the other related to what we want to offer to the world.** During the day we are exchanging energy - each one of us is different and can give something to the world during this exchange; each of us can play our musical note in order to contribute to the orchestra of the Universe.

(To be continued tomorrow ...)

## **The soul has five primary qualities: (... continued)**

### **Knowledge**

To know and to be what I am eternally and truly, and to exist in this consciousness, is what we mean by knowledge. It is not knowing about the soul, peace, love, etc., but rather knowing is to be the soul, to be peace, to be love. This quality of true knowing is expressed through 'I am', the original awareness of the self that exists beyond the false self of ego.

### **Happiness**

Happiness is the natural expression of joy in being alive and interacting with others. Happiness is only possible when I relate to myself and express respectfully what I am and allow others to share in what I am and what I have. I relate to people and nature and experience the fulfillment of human life through relationships.

In the Rajyoga meditation, we absorb the rays of these five primary qualities from the Supreme Soul by concentrating on his point of divine light form in the incorporeal world ("paramdham" or "shantidham"). The absorption and the harmony of these basic qualities (peace, purity, love, knowledge and happiness) lead to the development many more virtues inside us.

As we become aware of these five primary qualities, we gradually realize that each one of them has many characteristics.

e.g. we understand that love does not mean just a special feeling for one or two people.

Spiritual love is far greater; it means respect, tolerance, forgiveness, compassion and flexibility; there is a universal feeling of belonging, an openness of heart, a generosity of spirit that is all-embracing.

## Message for the day

**The method to bring about a permanent change is to bring about newness in thinking.**

**Expression:** To bring about a permanent change for the better means getting the mind trained to new ways of looking at the same situation. Only with this new understanding will there be a new response. Trying to bring about change in a superficial way will not bring about a long-lasting change.

**Experience:** When I train my mind to think creatively I'm able to keep my mind busy. In this way I'm able to free it from thinking negative and waste. Also I find myself enjoying every scene that comes in front of me and I also find myself constantly progressing.