

Today's Thoughts: June 10, 2020: Giving



Giving

With habits, never give in or we lose our dignity,

With the self, never give up or we lose our destiny,

With others never give your worst or you will never develop your best.

The saying, "what we give is what we receive".

The lesson: Just to give.

The I Inside (Part 1)

We all live our lives at a fast pace, finishing one scene and entering the next one after forgetting the first scene and sometimes carrying its memories into the second one. But have we wondered or stopped to ask ourselves that is our identity which we use to perform our actions one of our profession or role or how we look or dress up or carry ourselves or for that matter our gender or the country or caste which we belong to? **When we use the term self-identity, two words come to our mind – one is what we call self or me or I and the other is identifying with what i.e. I, the self, am identifying with what?** Very often I am identifying with what I am not or what I seem to be but I am not in reality. The looks and the personality as well as the education are acquired but what I am really is what I am before I learn my education and shape up into the features that I have. You might say that this is an old story of spirituality, but what we need to train ourselves from today to do is to start seeing ourselves in the mirror of spirituality and start observing the real I or me – the one that is invisible to the physical eyes but is the core of what we call ourselves – human beings. As in a coconut, the softer inner surface or the core or center is what gives us strength whereas the hard exterior is what is not eaten or is lesser important.

People who are used to the common practice of seeing in the physical mirror before starting their day are reminded of so many physical characteristics mentioned above that they forget that behind the acquired exterior is a non-visible interior that also requires cleaning up and being dressed up. This is because that is what comes into contact with people's hearts – people whom we meet everyday, and also it is the inner face that will impress people after they have temporarily been impressed by the clothes we wear and how beautiful we are. After all it is the smile that is more important than the shirt. What use is a good looking suit if the person wearing the suit is egoistic and jealousy filled? **Living life in the essence of the inner self is the way of reaching out to others with love and compassion and remaining contented yourself also.**

(To be continued tomorrow ...)

To believe in success is to have the power not to give up.

The power of determination combined with faith in the vision of success, inspires us to put in relentless efforts. It is these efforts which help us move towards success. Success is first in our minds. When I start with that, I will be undeterred with the little setbacks I face. I will be able to put in the right efforts for success because I believe in it. Today I will not run away from problems, but will race towards solutions. For something I have wanted to do and is not happening, I will try one more thing. Today I will try once more, one more new idea. I will not give up till I succeed, because I am destined to succeed.

Message for the day

To be generous hearted is to bestow others with your specialities and virtues.

Thought to ponder: When you are generous you will become cooperative and enable others to become virtuous through your virtues and fill others with your specialities. The more you use your specialities in this way, the more you will find them increasing.

Point to practice: Think of something that is very special in you. Today take the thought of using this speciality of yours for someone's benefit. Not only will others benefit with this, you will find yourself improving too.