

Today's Thoughts: June 28, 2020: Change Skill



Change Skill

There is nothing more certain than that the world will continue to change. Accepting and not resisting this, is the first and most important inner skill in this frenetically changing, modern world. Life tests us every day to see how well we have developed this ability. Equally, there is nothing more real than the inner space within each of us that never ever changes. We may change our thoughts, our feelings, even our sense of who we are, but we fail to visit the unchanging centre of our own self. The ability to be in this inner space, where our peace is found, when all around would prefer chaos and crisis, is the deepest spiritual change skill. It is the eye of the storm, it is the oasis in the desert, it is the place where peace is power. Call in today. You'll be surprised how much it can influence and change everything and everyone around you!

Cleaning Up The Cupboards Of Your Mind (Part 1)

When you are capable of relaxing, controlling your thought patterns and concentrating, you can reach deeper and more subtle states of meditation from which you connect with your inner potential for peace and purest love (the positive) and on the other hand, you clean out unnecessary memories (the negative). You reach the spiritual power that allows you to transform habits that are not very healthy and the beliefs that sustain them. Out of love and peace you can purify and clear the turbulent (rough) waters that there are at times in the subconscious.

When you meditate, you review whether there is something that has influenced you and you clean it out, so that only the highest, the most positive, the most beautiful, remains inside you and comes out of you. Meditation and reflection help you to clean out the register that, from the subconscious, brings about inadequate thoughts and uncontrolled emotions. Cleansing (cleaning up) in depth requires a clear purpose, being prepared to let go of the past; cleansing the wounds and pain accumulated in the store of your inner being; facing the present with dignity, with wisdom and visualizing, with confidence and trust, a future full of positivity.

(To be continued tomorrow ...)

The Power to Pack Up

On the path of meditation, I am a traveler, on a magnificent journey. I have to make some firm choices about what will take with me on this journey. To pack up means to learn the lessons of the present, then to move on, letting the past be past. It means - not carrying the baggage of the past into my present and future, but traveling lightly from one day to the next, keeping only what is most useful to me. That way, I'll enjoy the journey more, and move faster in the direction of my choice.

I'll also be lighter in my relationships. The power to pack up enables me to fill each exchange I have with others with freshness and newness, instead of allowing influences from past encounters with them to affect my present attitude and behaviour. When I carry emotional or intellectual baggage from the past into my present dealings with an individual, I don't give that person the opportunity to express himself freely: my attitude colors him with the paint of my previous experience. It is important to process the past, and learn from experience, but then finish it, so it does not block my view of how things are today.

Meditation helps me to acquire that discipline of finishing negative and wasteful thoughts i.e. inculcate the power to pack up. As the habit of self-observation develops, it doesn't take long to understand how negative thoughts and feelings literally negate my central aim, of re-emerging my true nature. Negativity drains the battery of the soul faster than anything else does.

(To be continued tomorrow...)

Message for the day

When there is love for others, they automatically become cooperative.

Checking: When you are involved in any task with others, ask yourself if you are able to give and get the cooperation from them. If you are not able to, check the reason for not getting their cooperation.

Practice: In any task that involve others, see that you begin the task with good feelings for each and everyone involved in the task. Have the faith that the task is for common benefit and everyone is going to learn something from it and is going to contribute to it. Then you'll find others cooperating with you.