

Today's Thoughts: October 17, 2020: Happiness



Happiness

I open my eyes to the wonder of being. Delighted in the way
things turn out, amazed at the beauty of it all.

I am happy.

Empty Handed We Come And Go Away (Part 1)

There is an old saying that we came empty-handed not only when we entered this particular life but when seen from a broader perspective, also when we entered the world. The same is the case when we leave this life or the world as a whole. **Every birth for the soul is a fresh chapter or innings in its journey of life.**

Everything that has come to us will definitely go away from us one day. While some may perceive this basic fact of humanity to be unrealistic and not in tune with practical life, but the fact is that attachment or the tendency to possess or cling is a defiance of this law, which leads to a form of fear filled spiritual suicide because the joy and contentment that seems to come from this tendency is only temporary and artificial and between these moments of happiness, there is fear of the loss of the physical or non-physical object that you try and possess, embedded in between and this fear causes the object to start controlling you and you feel suppressed and in bondage. As a result, your inner potential and creativity remains untapped and even starts reducing, without you realizing it consciously. In such a state, you fail to see and accept new ideas, opportunities and people in your life. Your inner world becomes closed and chaotic and very difficult to manage and your internal self is weakened and harmed, leading to an internal self suicide. When someone stops clinging to anything, physical or non-physical, they don't become indifferent or cold, but their consciousness just starts becoming broader and functions without any limits, barriers or boundaries.

(To be continued tomorrow ...)

Our inner orchestra is made up of different musical instruments.

These instruments are our memories, desires, tendencies, mind, beliefs, emotions, feelings, fears, intuition, judgements, creativity, our imagination...

Who is the director of this orchestra? You.

Who are you? You – the consciousness, you - the soul, you – the being.

When you direct your inner orchestra well, you can remain unaffected by external influences. If you, the director of the orchestra, close your eyes for a few moments and cover up your ears, what happens to the orchestra?

The music is not very harmonious or sweet; it is noisy and you suffer. To make the orchestra play according to the inner voice of your being, according to your purest intentions and values, you simply have to be awake, alert and attentive, and listen with your heart, not with your physical heart but with the heart of your being.

Message for the day

To be unaffected in the mind is true detachment.

Thought to Ponder: Sometimes due to situations, we tend to move away physically from someone or something. We tend to avoid that person or situation. But that is not the solution. Because, the aspect that is being challenged continues to be there in my mind. It is more important to find a solution to it by understanding it fully. Only then can I do away with that thought.

Point to Practice: Today I will analyze one situation that went wrong and take a learning from it. I will then tell myself that everything happens for the best and I am richer because of this experience. This attitude would make me detached from that particular situation.