

Today's Thoughts: October 27, 2020: Life



Artist: Hans Zatzka (1859-1945)

Life

Ignorance makes you believe that life functions haphazardly. Wisdom teaches you that everything that happens in this theatre of life has profound significance. What you see today is not the fruit of chance but a fruit from seeds planted in the past. Plant seeds of peace now and you will create a life of peace in the future.

Reaching The Destination Of Peace On Time (Part 1)

The objective of meditation has always been reaching the destination of inner peace. The process of meditation is like a journey to that destination, which many human souls have undertaken since thousands of years. After a life and in fact many lifetimes of indulging in habits of anger, fear, ego, sorrow, jealousy, hatred, greed etc. all of which blocked our access to this inner pure emotion and made us believe that these are normal emotions, believing completely that our true nature is peaceful, which is an experience opposite to all these; might seem difficult at first. Only our own experience can lead to a change in our deeply held beliefs, which then makes it easy for us to incorporate peace as an integral part of our personality.

As you dive into you own consciousness, with the objective of searching for and reaching your subtle destination of inner peace, you will encounter some distractions in your journey. Some of the most important of such distractions include:

- **thoughts in the form of negative memories of the past**; over-thinking about the **present scenes and day-to-day actions** in your life; desires, worries and unnecessary thinking related to the **future**, waste thinking about the **natures and actions of people** whom we come into contact with the most, etc.
- **the inner, subtle voices of the many incorrect beliefs**, which we have picked up from people by whom we have been surrounded since we were small;
- **thoughts and emotions related to deep habits of identifying with and getting attached to things we are not**, like the physical body, material possessions, people, our role in society, money, places, opinions or viewpoints, hobbies or interests etc.

(To be continued tomorrow ...)

Stop Worrying

Start today hoping to make mistakes! That doesn't mean you're giving yourself permission to be sloppy or careless. No!

It means that you stop worrying about getting things right and you're more willing to try new things and meet new challenges.

So, go on, stretch yourself and give yourself permission to make mistakes, learn from them and grow.

Message for the day

Your generosity in putting others forward will automatically place you in front.

Contemplation: When you say 'you first' instead of 'I first' you will be placed forward. For having done the selfless service of putting others forward and encouraging them, you will get plenty of blessings. This will take you forward very quickly.

Application: When there is a conflict with someone, become generous. Instead of expecting the other person to understand you and do according to what you want, listen to what he is saying. When you give a chance in this way you will move forward very quickly.