

Today's Thoughts: December 29, 2020 Contentment



Contentment

First of all, understand discontentment. Discontent is caused by a constant multiplication of desires. One desire leads to another until there's never a moment when you feel fulfilled.

Desires are like traps. Because of endless desires relationships have become very fragile. There is a lot of irritability and anger due to:

- Selfish attachments (to possessions and people)
- Pride (attachment to a particular image of the self)

When there is discontentment, the heart can never be still because wasteful, negative thoughts destroy peace.

Contentment is the result of spiritual awareness which allows you to recognize negativity. It changes your pattern of thinking. As you tap your huge inner potential, all desires are fulfilled and you regain your peace.

The Subtle Role Play Of Thoughts And Images (Part 1)

The human soul is a subtle (non-physical) stage on which a subtle role play of thoughts and images constantly takes place throughout the day and even while sleeping. We have explained in our older messages how thoughts are of 4 main different types - **positive** which are based on virtues, **necessary** related to day-to-day activities, **waste** which are mainly unnecessary and related to the past and future and **negative** which are related to vices and other weaknesses. In the same way, we also constantly create images or scenes, which are of the same 4 types, which is why we commonly use the term - *the eye of the mind*. The mind not only thinks or speaks subtly but visualizes or sees subtly too, almost all the time.

These two processes function, sometimes independent of each other as well as sometimes dependent on each other i.e. influencing each other e.g. think of peace and that leads to visualizations related to the same. Visualize an unpleasant scene of anger and hatred, and your thoughts are led in that direction. Sometimes these two processes function at the same time and sometimes one at a time. Sometimes neither functions at all, which happens much more frequently while sleeping as compared to when we are awake. **This subtle, physically invisible role play is the foundation of the physical role play of words and actions that is visible to the self and everyone else around you.**

(To be continued tomorrow ...)

Control freak?

Plan ahead, prepare and stay on top of things as much as you can. Stay in control but without being a freak. What? A control freak? Me? Admit it, there's a control freak in you.

Being in control of yourself and your life - well that's OK, but trying to control everything and everyone around you - that's not OK.

So learn to let go a little and be flexible. Let others take a little more control and trust them to do their best. When you feel your inner control freak taking control, curb it. Give yourself a moment to breathe, think and work out the best course of action.

Message for the day

To have the courage to take risks is to overcome fear.

Thought to Ponder: When I am faced with a situation where I have to do something that I have never tried or in something that I have failed, I tend to be afraid or apprehensive. Most often, I decide not to take the risk and either postpone or avoid facing that situation. But, if I am able to take a small little risk and try and do it in a different way, I would be able to overcome my fear. It is not important whether I succeed in the task or not, but having taken the risk itself helps me overcome a little of my fear.

Point to Practice: Today I will do something that I know I have to do, but have been hesitating to do because of my own fear. I will take one little risk and be prepared even for failure. I know that if I avoid things too long the fear of it only increases. So today, I will take a step towards overcoming my fear.