

Today's Thoughts: December 12, 2020: Drama of Life



Scene from "Gazab Teri Ada", a tribute to World War I, performed by the National School of Drama Repertory Company.

## **Drama of Life**

Every passing moment is like a passing act in a play. Each of us are actors playing out parts very well. An actor is never focused on another actor's part, continually criticizing it. He just gets on with his own part, playing it as best he can. This Drama of Life is eternal, predestined and accurate. Whatever anybody else says and does is their role, not mine. My task is to play my part right. Right thoughts restore rightness to the whole play. Practice detaching yourself from your role and experiencing the truth, behind the role and you will find yourself loving every instant of your role and the Drama, too.

## **Increasing The Power Of Discrimination To Improve Actions**

Many people feel internally and complain that their intellect is not as clear as they would like. One of the aims of meditation and spiritual knowledge is to **make the intellect strong, clear and clean, as a result of which there is an increase in the power of discrimination. An increase in this power helps us maintain a sense of what is right and wrong while performing actions and implement that awareness.**

Meditation brings about self-realizations whereby you realize what is happening inside you. Sometimes, while observing someone, we use the phrase: *He/she doesn't know what he/she is doing*, referring to someone who is acting in an incorrect way. If we are to act in an appropriate way, we need to be aware and be awake to the consequences (results) of our actions. **The voice of the conscience brings with it that state of awareness, awakening, realizing and discrimination.** This is because, in meditation you feel quiet and you focus your thoughts inwards. In that state, the sound of the voice of the conscience is perceived and heard. It is a voice that is not affected by material worries or a preoccupation about one's image and public appearance. **During meditation, you are completely focused on the present moment of spiritual empowerment and not distracted by:** *karmas* which are necessary but unnecessary to be thought of that time, noise, unrelated ideas of the past and the future, mental chatter, etc., basically everything that separates you from your true spiritual self. In this way you can listen to yourself within and as a result ensure to the maximum extent that your *karmas* are appropriate and accurate.

## Focus on Positivity

When I notice a weakness or mistake in someone, instead of drawing attention to it by speaking to others, I need to make a special effort to focus on something positive in that person.

When i think about this person's good qualities, my love for them will grow. When I speak about the weaknesses of others, it spreads from one person to the next.

Instead of speaking, I have to merge it into love. This then sends blessings to others, which helps them to improve.

## Message for the day

**To be ever ready means to guarantee success.**

**Expression:** The ones who are ever ready are active and so when a task comes up, they quickly understand it and attain success. They do not waste time and energy thinking too much about it. They recognize the importance of the task and involve fully in it and attain success.

**Experience:** When I am ever ready I am able to be easy. Because I am easy, all tasks seem easy for me and effort put in for the success of the task also becomes easy. So I don't have to do a lot of effort but give my best. Thus I experience success every moment in all situations.