

Today's Thoughts: September 10, 2020: Just Having Fun



Just Having Fun

Work without happiness is like a burden that you have to endure, but when you are internally happy it becomes a game, and you're just having fun.

Understanding What Is Time

We created the concept of time to **measure our experience of the space between events. Time passes only because we experience change. What is change? Change is only a series of events. So time is our experience of the speed of events.** This explains why time seems to be moving faster today, because both the speed and the number of events are increasing. And it seems even faster if we participate in those events. If the speed and number of events was less, we would experience time to be moving slowly, as it used to be a little earlier in the history of mankind.

Today, sitting in our living rooms and offices, electronic, print and other media allows us to observe hundreds of events from all over the world, every day. To observe them actively is to participate in them. If you want to slow time down, learn to be a detached observer of the thousands of events around you – participate or observe actively only when necessary. **If you want to stop time, meditate and be in your original, timeless, eternal consciousness.** Meditation is after all an art of shutting down your senses and slowing down. Today, we fear time, as a result we hear ourselves saying many a times, Hurry up, time is running out! or I hope to have more time tomorrow! or I need to save time! Ultimately time, is our life: it cannot be saved or lost, but must be lived now. This is where your will-power is important - we can choose exactly how we spend our time at any moment.

Patience

What cannot be achieved with pressure can easily be achieved with patience.

Patience gives you the time to chip away at your dream and turn it into a reality.

It tells you not to push, not to rush; there is a reason and a season for everything.

And when things go wrong, patience tempers the feeling of failure and buffers the heart.

It teaches you to keep your cool. A cool head knows when to wait and when to act.

Message for the day

To acknowledge small little attainments is to ensure promises made are kept.

Thought to ponder: We do make promises to ourselves from time to time. But as time passes on, we forget our promises and we are back to where we started, or sometimes worse. We need to notice, acknowledge and remind ourselves of small little attainments we begin to find from the time we started fulfilling our promise. This will fill us with enthusiasm and give us the courage to continue.

Point to practice: Today I will take up an old promise and write it down on a piece of paper and place it where I can see it again and again. Each day, I will add something to that paper, which is actually something that I have attained because of fulfilling this promise. It could be a small little change, appreciation or positive outcome. I will keep collecting these attainments to keep up my enthusiasm.