

Today's Thoughts: November 27, 2020: Shake Hands



### **Shake Hands**

In the moment of shaking the hand of another, not only are we participating in a universal greeting, but we are acknowledging we are all connected in the game of life together. For what is life but a series of meetings, a gentle

sequence of connecting! The touch of hands is a reminder of our unity, the squeeze of a hand says we care, and the shaking of hands says we are celebrating being together. What are we saying when our touch is too cold, our squeeze too firm or too soft, or our shake too limp? Sometimes words are inadequate, or just too difficult. Which is why we can always say with our hand what is in our heart. If you are not ready to look directly into your heart, but you'd like an idea of what's there, be aware of your hand when you next put it forward for a shake!

Try this experiment today. Enter the office with a straight face (not too straight). As you meet others who have a similar kind of straightness on their face, force yourself to smile. Then watch the other person return the smile - perhaps not to the same extent or for so long, or absolutely immediately - but it will return. This is the absolute and often instant proof of the 'ripple and reflect effect'. You get back whatever you put out. We know this, but we forget, and then wonder why everyone seems to give us a straight face, even a grumpy face, on a regular basis. Now learn to make the smile more real, deeper, smilier! Where does a real smile begin? From the heart. Can you smile at will from the heart? Why not? You need to find out soon, because you will live an unsmiling life if you don't find out what is stopping your heart reaching your face! No one else is responsible - there's only you in there! So don't go blaming others if you are not radiating from head and heart. What's blocking it? Take your time. Look in, listen in and see. You'll be surprised. You'll probably laugh, and say "How silly!"

## **Making The Journey With The Right Realization**

It's so easy to become caught up in my physical role - my name, physical personality and looks; the social setup or family I've been born into, my friend circle, the school I went to, the person I married, the organization in which I work, the various material objects I own or possess. I forget my true identity, the spiritual being, and that it is me, the spirit or soul, who is experiencing life through this physical body and surrounding circumstances. The physical, human side is essential, but **it's the spirit, the being, the energy, which makes the journey. The physical body is the vehicle through which the journey is made. The people who exist in my life are also energies making their journeys through their respective vehicles.** Looking at myself and others, when I realize who is making the journey and I remember this and maintain this spiritual consciousness throughout the day, I'm able to access spiritual treasures of peace, of power, of love and joy and see the same in others. It is because of not remaining in this remembrance; I remember and identify with the vehicle and experience my false identity. That is why we find ourselves empty of these treasures today. As a result there is a tremendous increase in interest in meditation throughout the world. Unlike in the past when this interest was seen primarily in the East, today relaxation and meditation is a blooming industry in the Western countries.

The more I become trapped by a materialistic consciousness, and the more I lose contact with my inner self, the less freedom I experience. The search of happiness through the physical senses brings temporary, short-lived gains. My life lacks depth when the only things I know, realize and feel are related to the loads of information I receive from the physical sense organs, and I become disconnected from the spiritual dimension.

## Relationship with the Unconditional Source

There is one point of being in the universe who is not conditioned by any need, want or desire. Since He does not want anything, everything belongs to Him, but not in the sense of owning and controlling. Rather, all things naturally are attracted to the Unconditional Source (God) simply because pure love is given freely to all who come close. They feel that He selflessly serves, sharing all that He is, all that He has. Like a radiant Magnet beyond the limits of time and matter, beyond give and take and beyond measurement and calculation, the Source attracts all because nothing is desired and all is given.

The love of the Unconditional Source is like spiritual sunlight. It is selfless, complete in itself: it always adds and never subtracts. What is unconditional is always cherished to the point of worship, which is why the entity God is respected and idolized in all parts of the world. Spiritual light from the Source reveals to us our forgotten realities, our hidden potential and our original goodness. It reveals our true selves. Then, if we wish, we can nourish and develop that awareness, but only if we maintain an open channel of communication with the Source. Otherwise, the current either short circuits, cuts, blocks, or discharges in other directions and, after a while, there is a blackout!

## Message for the day

**To see only problems is to become the one who only takes service.**

**Expression:** When there is the practice of seeing only problems in all situations there is the inability to find solutions and act effectively. All the resources that could be used for the benefit of the self and others remain hidden. Such a person becomes dependent on others for finding solutions and a source of pity.

**Experience:** When I am caught up with problems and not able to see anything else, I am unable to experience progress. I find myself moving backward losing a lot of things I have. I would not be able to retain my self-confidence and would become dependent on others.