

Today's Thoughts: November 26, 2020: Need Nothing



## Need Nothing

Everyone thinks they need to get something. But the truth is we don't need anything. We already have what we need. Trouble arises when we think we have to keep what we receive. It's the keeping that sustains our neediness. But whatever comes to us is not for keeping, it is for giving. And when you give, you get. Deep down we all know this eternal truth. It's one of those cast iron laws of the universe. But we are conditioned to think the opposite. No wonder there is a poverty of faith. Not religious faith, but the faith that the universe will bring us whatever we need, at the right moment in the right way. So start today - give, give, give - time, energy, assistance, care, and co-operation. On how many levels do you see the opportunity to give? It's good to be a 'just do it' person. Even better to be a 'just give it' person. And the paradox will make itself known - when you give you will realize you already have everything you need.

## **Resolving The Inner Identity Crisis (Part 2)**

In yesterday's message we had explained how the confusions, complications and problems that exist in our world today and the state of human relationships all over the world, are simply a reflection of our lack of inner clarity about who we are, what we are and where we are heading i.e. a lack of true self-identity. So how do we resolve this internal and external turmoil? There is an original, beautiful self, with characteristics of peace, love and happiness that exists within each one of us, the self from which we have been distanced since a very long time. This is a centre full of the spiritual resources of all virtues and powers. Reaching it is a journey of only one second and no distance. By identifying with this inner center, a center which is imperishable, unchangeable, constant and even eternal, my self-identity becomes strong and stable, as compared to many false identities based on external realities like position, wealth and material possessions which are all perishable and subject to various ups and downs even in one single day, and if we over identify with them, we are bound to experience constant pain and discontentment.

This process of true self-identification is not a renunciation or avoidance of the way the outer world is but it is a healing process for your inner world. It is an internal correction process of identification, whereby you rediscover your true self as a complete being full of positive emotions that you always were and you start identifying with it, doing which very easily helps you let go of the wrong identifications. This process is commonly called meditation, the foundation of which is spiritual wisdom. Once this inner work is done, the outer world starts taking the shape of a reflection of that. Resolving the identity crisis first changes the way our internal and external world looks to us, as a result changing the way it works.

## **Surprise!**

Sometimes in the rush of life, we forget to look for opportunities to do something for others. At times we only do what we have to do and not more.

Yet when we do something for others without being asked, not only does it brighten our day but it also builds stronger connections and creates a lovely surprise. And unlike some surprises, it doesn't have to be expensive or on special occasions!

All it requires is an interest in what matters to others. So, no matter how busy you are, pay attention and take the initiative to surprise the people in your life.

## **Message for the day**

To have a balance between being a master and a child is to ensure success.

Expression: To be in the consciousness of being a master means to have confidence in whatever has to be done and in the ideas that have to be put forth. Along with this if there is the consciousness of being a child, there is learning and improvement, because criticism is taken in the right spirit.

Experience: When I am able to be open to criticism as a child, I am able to learn from it. I am able to gain further mastery without being troubled by ego. My learning would never be blocked by what other people think or feel. Instead I am able to experience constant progress and sure success.