

Daily Positive Thoughts: May 25, 2014: Intuitive Intellect



Intuitive Intellect

Intuition is the discerning of a refined intellect. We all have the capacity for intuition, but we find it hard to cultivate and exercise this capacity as we are mostly encouraged to keep our awareness focused on the surface events and activities of life around us. Intuition is that voice of innate wisdom which can speak to us at any moment. It is the core of our self, of our consciousness, a touchstone which is always true and trustworthy, as long as the voice is not distracted or disturbed by the many voices of our ego, or others egos, which we allow to reside like ghosts within our consciousness. Learning to listen to and trust our intuition means we must be able to recognize these voices and ruthlessly ignore their deviations and temptations. This is why we need to spend some time each day in some form of contemplative process - call it meditation, reflection or just listening to the self. When we give time to restoring our inner peace and quiet, we will learn to discern the voice of our intuition from the cleverness of our ego. When meditation becomes a regular exercise we rebuild that trust in ourselves to be able to ignore the machinations of ego, and follow the wisdom of our inner tutor. Gradually there comes a time when we never do not know what to do, when every event reveals something deeply significant to our awareness, and we can sense the deeper needs of those around us. These are the inner subtle skills of intuition and the sign of our intuitive intellect at work.

Focus on Solution

When there is a situation, which is difficult to deal with, the mind is usually caught up with it. But just thinking about it would not create a solution. When thinking is focused solely on finding a solution, then there is the ability to find the available resources and use them to change the situation. When I am constantly looking for answers, I find the richness that is lying within. I appreciate and use both internal and external resources. I am free from complaints about problems, and I never give excuses for whatever is happening. I only appreciate what is there to bring about a positive change.

Symptoms Of Stress - cont.

When we feel stressed our difficulty tends to be reflected in certain physiological (physical) and psychological (mental) symptoms, whose importance we may not fully understand. These are normal signs that we should re-check our priorities - our body, or our state of mind, is telling us that something in our lives needs to change. Listed here are some more common signs:

1. **Restlessness** - We could have difficulty sitting still for even short periods of time and we may play with our hands, play with our thumbs or play with the rings on our fingers.
2. **Impatience And Short-temperedness** - We could find ourselves becoming angry at any moment for simple reasons; or we may snap at people, too quick to assume that they are accusing us.
3. **Obsessive Working** - Overworking can be a stress symptom, although stress can also cause some people to work very little.
4. **Loss Of Appetite** - Food doesn't interest us anymore. Either we don't eat, or we over-eat junk food.
5. **Fear Of Silence** - Silence may cause us discomfort, so that we over-talk when with other people or leave on the television or music player when alone. Sometimes we may not tolerate noise at all.

Soul Sustenance

The Invisible Factor

The most powerful things are invisible. For example, the roots of a tree cannot be seen; they are underground silently nourishing the visible tree. A house is supported by its foundation deep within the earth. If the foundation is weak the building will fall when there is some kind of strong pressure, like an earthquake. The essence of matter is the atom; it holds a tremendous amount of energy but cannot be seen by the eyes.

Can we see the Supreme Being (God)? You will never meet someone who has seen Him. People have experienced, or felt God's presence but no one has actually seen a personal form, yet millions believe in such a Being! In the same way, when it comes to knowing the true self, we ask, 'What does the soul look like? Where is it situated?'

Spirituality leads us to the answers related to the invisible i.e. answers to what is the form, location and virtues of the soul as well as the Supreme Soul.

Message for the day

Success in relationships comes when we are free from expectations.

Expression: In our daily interactions if we find that we are not able to get along with someone, our usual reaction is to avoid that person altogether in order to avoid the conflict. But that is not really a solution. Unless we recognise why we are not able to get along with that person we will face the same problem with someone else.

Experience: When we are not able to get along with someone we need to recognise the fact that the problem is not with the person but with our own expectations. When our expectations are not being met we have a conflict which is reflected in our relationship with that person. So we need to work at recognizing and removing these expectations.

