

Today's Thoughts: November 21, 2018: Step out of your comfort zone



Step out of your comfort zone

Being comfortable is great, right?

But how many opportunities are you letting slip by because you don't want to feel uncomfortable? A little step outside your comfort zone is all it takes to grow and improve, to reach a higher and better level. Get past your fears and feelings of awkwardness and take that little step.

Marrying Spiritual Practices With Actions

Spiritual practices and life are interconnected; so are my thoughts and actions. It is not possible to separate them. **The immediate influence of any spiritual practice like meditation is on the quality of my thoughts. The quality of my thoughts is then reflected in my day-to-day actions. As the quality of my actions improves, it starts influencing my thoughts positively and the quality of my spiritual practice also starts improving.** When I really understand this, it becomes clear that the right way to live is to marry both these sides within my life - meditation and practical life, marry the process of improving the quality of my thoughts with my actions, because both are interconnected with each other.

Actions performed by being too action conscious, in a wrong, non-spiritual consciousness, have led to a monotonous and meaningless existence, an existence without permanent peace, love and joy, causing feelings of discontentment and an emptiness in many hearts. On the other hand, religious or meditation practices, which were done with the aim of bringing peace and happiness in our personal life as well as in relationships, but were performed in seclusion (by detaching or becoming aloof from society), did not achieve the desired objectives and was unable to influence life positively. This caused spirituality to become disconnected from reality.

I want my consciousness to become such that I can experience the richness of a life of actions, interactions and relationships of the world, but adorned (decorated) with the jewels of the energy and spiritual power that only meditation can provide.

Put into Practice

When we hear something new and worthwhile from someone, we naturally get the feeling to bring that into our practical life. But it is then soon forgotten and doesn't become part of our life. It remains theory in our mind, and after sometime we are not inspired by it anymore. We either don't have courage or discouraged with our past experiences. We can bring something we know into practice, only when we are able to experience it at some point. For this we need to make a plan to actually find a space for what we know to come into practice. When we start even mechanically, that particular point brings experience in our lives. Then we are naturally further experiment with it.

Soul Sustenance

The Five Primary Qualities (cont.)

The soul has five primary qualities; we could say they are the primary colours of humanity with which we paint the picture of our lives. We had discussed peace and purity yesterday. The others are:

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Love

This is the original quality of the soul. Peace is serenity, the personal inner state of non-violence. In this state of peace, I harmonize with everything and everyone around me. The word shanti means peace, and it is this thought (or word) we use as the key step in meditation.

Knowledge

To know and to be what I am eternally and truly, and to exist in this consciousness, is what we mean by knowledge. It is not knowing about the soul, peace, love, etc., but rather knowing is to be the soul, to be peace, to be love. This quality of true knowing is expressed through 'I am', the original awareness of the self that exists beyond the false self of ego.

(To be continued tomorrow)

Message for the day

To be healthy internally is to make the best use of all treasures.

Projection: A healthy intellect acts like a mother, always showing the right path. When internally one is strong, there is the natural ability to treat the mind with love and guide it towards the right direction. Such a healthy state of mind naturally enables the recognition and the proper utilisation of everything available.

Solution: Once I have learnt the art of guiding my mind in the right direction with love, I then never experience the difficulty of having to bring back the mind to the right thinking. Because the mind is totally under control in a very easy and natural way and I don't have to control it or force it to think or not to think in a particular way.