

Today's Thoughts: April 14, 2020: In the library of your mind



Library at St. Florian Monastery in the town of Sankt Florian, Austria

In the library of your mind

Have you ever wondered why libraries have special atmospheres? They are places where many congregate but where silence is the code. Quietness in an atmosphere means there is the presence of quiet minds, and quiet minds are not only relaxed, they can concentrate easily and create more freely.

Imagine you are in the library of your mind, browsing the accumulated wisdom on the shelves of your life - listen to the silence, be aware of the stillness. Now you can really listen. Now you can really hear. Now you can really think. Now you can create. And behold, you are an artist. Did you not know that silence and creativity are lovers?

Adopting A Wiser Perception

Depending on my choice of perception, I may see life as a battleground, where I face a constant battle from morning to night. The constant to and fro between family and work may tire me emotionally and mentally. If I let it and see it that way, life can also itself become the *cause* or *source* of my tensions. It may even seem as if the path of life is scattered with rocks blocking my way. Instead of stepping around or over them, I perceive them as being obstacles. The thoughts may come easily to my mind - *If it was not for so-and-so or such-and-such, I would be able to....* I may mention the same to my loved ones. Instead of bringing me any benefit, these complaints take me away from the power that I, the soul, have within of changing anything. I simply pass on my capacity to change, to persons or objects over whom or which I obviously have no control.

If I am fortunate to have a wiser perception which spirituality can give me, life can become a great place to learn and grow. Behind seemingly difficult situations are my major lessons. Disguised in routine tasks are the sign boards that point me back towards truth. **Relationships that bring with them repeated scenes of negativity with the same person and for the same reasons show me the weaknesses I have to work on.** Indeed, until I work on the eradication of my weaknesses, I keep repeating them. Challenges do come, but they help to bring out the best in me. **If I have the subtle eyes to see and the courage to go forward... life is a constant experience of reminders and benefits to progress along the road to my highest consciousness.**

Do you find yourself apologizing, a little too often?

Over-apologizing can reflect a lack of self-confidence and, as a result, lower your impact and influence.

Cut down on unnecessary apologies. Express yourself assertively and politely, without devaluing yourself.

Apologizing is important. Know when it's appropriate to apologize, and make your apology sincere by not repeating similar mistakes in the future.

Message for the day

The one who is responsible is the one who is always light.

Expression: To be responsible means to do everything with the best of one's ability. It comes with the recognition and the understanding of the importance of the task. No action is wasted, but everything meaningfully connects to the fulfillment of the task. So there are not even ordinary actions, but only those that are meaningful.

Experience: When I take up every task that I need to do with full responsibility, I am able to give my best. Then I will be able to be light having done my task well and in time. There is never the pressure of work, but there is plenty of time for the self and for others. I also find my inner resources being used to the fullest extent.