



### Peak and Trough Times

There are times in the day when you have plenty of energy (peak times) and other times when your energy is at low (trough times). Your focus and attention span ebb and flow. Do you know your peak and trough times? Even though each day is different, you'll most likely find you have a consistent rhythm of daily peaks and troughs. Why not, integrate a variety of tasks according to your energy and focus levels? So, if you're trying to be productive at the wrong times, it's time to rethink your working habits. Tackle the 'difficult' and the creative tasks during your peak times. Use your trough time to do 'easy' and routine tasks.

## **Increasing The Power Of Discrimination To Improve Actions**

Many people feel internally and complain that their intellect is not as clear as they would like. One of the aims of meditation and spiritual knowledge is **to make the intellect strong, clear and clean, as a result of which there is an increase in the power of discrimination. An increase in this power helps us maintain a sense of what is right and wrong while performing actions and implement that awareness.**

Meditation brings about self-realizations whereby you realize what is happening inside you. Sometimes, while observing someone, we use the phrase: *He/she doesn't know what he/she is doing*, referring to someone who is acting in an incorrect way. If we are to act in an appropriate way, we need to be aware and be awake to the consequences (results) of our actions. **The voice of the conscience brings with it that state of awareness, awakening, realizing and discrimination.** This is because, in meditation you feel quiet and you focus your thoughts inwards. In that state, the sound of the voice of the conscience is perceived and heard. It is a voice that is not affected by material worries or a preoccupation about one's image and public appearance. **During meditation, you are completely focused on the present moment of spiritual empowerment and not distracted by: karmas** which are necessary but unnecessary to be thought of that time, noise, unrelated ideas of the past and the future, mental chatter, etc., basically everything that separates you from your true spiritual self. In this way you can listen to yourself within and as a result ensure to the maximum extent that your *karmas* are appropriate and accurate.

**When things seem complex and complicated, you always have the choice to simplify things.**

Clear away any associated memories and unnecessary attitudes that may be colouring your perception.

Make your perception simple and:

- see clearly through the complications of situations and people
- refocus on what really matters
- find the best possible solution and make it easy

### **Message for the day**

**When you are full with the treasure of good things that you have imbibed you begin to donate to others too.**

**Checking:** Check if you are expecting either from others or from situations or you are yourself a donor. Where there is any kind of emptiness within there is expectation and you will not be able to give others.

**Practice:** Practice looking at your own specialities and see what you can contribute to others from this treasure. When you make the practice of sharing the good things you have, you'll stop expecting from others.