

Today's Thoughts: August 25, 2020: Ocean of Peace and Silence



Mo'orea Island, French Polynesia

### **Ocean of Peace and Silence**

It is said that rest is best. Imagine an ocean of peace and silence and plunge into it. Let your mind relax and enjoy moments of tranquility. Free yourself from wasteful thoughts. This is the best type of rest.

## Going Back To My Original Nature

Our present personalities are basically the combined habits of this lifetime (birth), built on the combined habits of previous lifetimes (births), all of which have left their mark (sometimes deep and sometimes not so deep) on our consciousness. It may well be that habits such as becoming angry, upset, anxious, stressed, sorrowful or scared, have been with us for so long that, they feel a natural part of our inner world, so natural that when someone says our true nature is not anger but peace, not fear but love, not aggression but acceptance, not anxiety but calm, it does not feel right. And even if it did feel right for a moment, we have become so attached to our old habitual moods, emotions and behaviors that we do not really want to change. It may even be the case that we have become so weak that we need help to change. It seems much easier to stay the way we are.

As we begin to meditate and develop our spiritual practice, our views on the above subject will fluctuate. When that does happen, imagine you are having a conversation with yourself and teaching yourself. **Give yourself permission to be peaceful by nature, full of love and joy by nature, naturally content by nature, wherever you are and in whatever you do. After a while, you won't need to give yourself permission and you will find these states of being are there within you quite naturally at every moment. They are our original and eternal nature. Everything else is acquired or learned.** In so many ways introduction to spirituality, like many other approaches to inner awakening, is as much about **unlearning** (the acquired beliefs) as it is about **learning** (new beliefs).

## Get It?

Some people really "get" you & some just don't! And that's fine, you might not "get" them either!

But do take this opportunity to see if there's something you can improve in yourself.

Try to be friendly & get along better with them but, if they don't reciprocate, then know when to stop trying too hard.

If they want to know you or befriend you, they'll make that choice. But between now & then, enjoy being you & keep the warmth of your good feelings flowing towards the other person.

## Message for the day

**To end waste means to be free from defeat.**

**Thought to ponder:** The one with faith in the intellect always remains at a distance from waste, whether it is waste thoughts, waste words or waste actions. To move away from waste means to be victorious. The one who is free from waste is busy with the positive and useful. Such a person is constantly searching for solutions and trying to make the best out of the situation.

**Point to practice:** It is because of waste that I sometimes experience defeat and sometimes victory. If I am able to finish waste, I am able to finish defeat. Because whatever the situation may be, however challenging it may be, if I am able to finish waste I am able to recognize the benefit that is merged within it and so I am able to experience being constantly victorious.