

Today's Thoughts: August 22, 2020: *As Without, So Within*



As Without, So Within

We live in the age of 'busy' Busy people not only do a lot, they think a lot. The origins of 'busy' are mental. Mental tiredness is a symptom of the self going against the grain of the truth about the self. Being lost in thought, thinking constantly about things to do, what's been done, what could have been done, what was done wrong, what should have been done but wasn't, what others did, are doing, should do, must do, is not only tiring and a brilliant way to waste energy, If you would learn to meditate and thereby turn the eye of your attention and awareness within, if you would let your mind be quiet and allow your being to be still, you would rediscover, 'as without, so within'. You would realize outer space is but a reflection of inner space. Both are vast and infinite spaciousness.

Discovering God (Part 3)

I love God a lot, Thank you God, O God please help me, O God please forgive me, O God where are you, O God please make me healthy, O God please grant me a child, O God please make my mind peaceful, O God please shower my life with success and prosperity, etc. are some of our common cries in God's name. We say and they all reach Him, but do we ever wonder how much God loves us, how much He is ready to help us and grant us all of these desires or help us in bringing them in our lives? Does God help each one of us equally? We know He is impartial and loves each one of us equally but at the same time He is a parent who also knows which children of His are more full of qualities than the others. Also, He knows which children of His from amongst the world population have performed higher *karmas* or actions in their complete journey of birth and rebirth and who are very very pure and humble, not only in the present but also who have been like that in many many lives. Also, how much do we remember God with a clean heart in our present and how much have we remembered Him in our past births? God knows our present as well as our past equally correctly, on the basis of which He sees us.

There are two sides of God's personality. On the one hand He is loveful and so His love and respect for all His children is equal. On the other side and at the same time, while being lawful, He chooses to be more loveful and respectful for a few, based on all the things He knows about us. It is two sides of the same coin. Both sides are a part of the coin and it is only a Supreme Being like God who can keep a balance of both these sides so beautifully. You might question this, but God is commonly a strict being with some souls who are lacking in qualities or whose actions are of a low quality, under the influence of the five vices - lust, anger, greed, attachment and ego, which are like *Ravana's* ten heads. These ten heads are a symbolic representation of five vices in men and five vices in women. Remember *Ravana* was *Ram's* enemy, where *Ram* is a symbolic representation of God. So, if you want your mind to be blessed with the presence of God or *Ram* inside it, make sure *Ravana* or the five vices mentioned above are no longer a part of your personality.

Remain Peaceful

We have to develop this hobby of going into the depths of silence. Practice this, make it your hobby and see how much you then enjoy it.

The tiredness of the soul will then be removed. We will feel that we are able to remain carefree and restful.

When the soul is tired it is restless and there is a lot of worry; we think I have to do this, that and so we cannot feel restful.

All actually I have to do is to remain peaceful and there will be the feeling that everything will be ok...

Message for the day

To see and relate to virtues is the best form of diplomacy.

Thought to ponder: It is said that we need to be diplomatic while dealing with people. Yet, many feel that being diplomatic, equals to not being honest or truthful. However, the easiest way to be diplomatic is to see and relate to virtues. When I am able to see others' virtues, I am only relating to them with that. There might be weaknesses, but I don't highlight them during my interaction with them. So they too are more comfortable with me.

Point to practice: Today I will look for virtues. Out of all the people, I interact with; I will pay special attention to list out the virtues or specialties of at least three people. Every time I interact with them, I will remind myself of these qualities at least once during the interaction. This practice will help me create a habit of picking virtues.