

Today's Thoughts: September 22, 2020: The Peacemaker



The Peacemaker

The first lesson on the path of becoming a peacemaker is to stop being at war with myself. It is only when the turbulence of my mind ceases that I can begin to make peace with the world.

Checking Myself On The Stage Of Action

Once we become aware of the possible types of thoughts that the mind creates at different times in the span of a particular day, then we are in a position to keep a check on our thoughts and understand where our energy is being wasted. Once we realize that there are patterns of waste and negative thinking at some times during the day, which are usually triggered by certain situations or people, we can apply a brake on the pattern of **habitual negative thinking**, thereby transforming this energy wastage into something more positive.

It does happen, that when we are informed about the benefits of meditation for the first time, perhaps in a course or a presentation either in the office, in a center of a spiritual organization or elsewhere; we realize the need for the same but we also feel that, in order to get the house of our minds in order, we need to leave our busy city lifestyles behind and head for the hills. There, we think, we will find the time and the physical and spiritual environment to practice meditation and get our mental state in order, but this is absolutely untrue. While going on an occasional spiritual retreat is certainly useful and recommended for the development of the spiritual self, the real workshop is life itself. **Even if I am able to maintain a positive and powerful state of mind in a retreat, it is in our daily actions and relationships with others where the challenge lies, it is on the stage of action or *karma kshetra* that we have to check whether we can remain soul-conscious** i.e. in the awareness of our spiritual identity. It is here where we have to see whether we can apply the brakes on patterns of negative thinking, establish and maintain patterns of positive thinking and test whether we have reached the stage where, no person or situation, however negative, can disturb our state of mind.

Moody?

Your mood affects others. It's as contagious as having a cough, cold or flu!

The next time you're in a bad mood, become aware of how your mood is impacting those around you.

And then take a moment to change your mood and begin to notice how your good mood affects others and creates a positive vibe all around.

Message for the day

The seed of one positive thought gives fruits of success.

Thought to Ponder: One positive thought helps in changing the situation totally. When I start experiencing that one positive thought and continue sustaining it, I find that there is a flow of positive energy which changes things. Something that seems impossible starts seeming possible. And everything and everyone around start cooperating too.

Point to Practice: Today I will create and sustain a positive thought right in the morning. Even if there is a negative situation, I will try and find something positive in it. This will help me create a thought of positivity in spite of the negative situation. Once I experience this positive thought by sustaining it, I find that there is a possibility to work on the situation to make it better.