

Today's Thoughts: September 04, 2020: Intuitive Intellect



### **Intuitive Intellect**

Intuition is the discerning of a refined intellect. We all have the capacity for intuition, but we find it hard to cultivate and exercise this capacity as we are mostly encouraged to keep our awareness focused on the surface events and activities of life around us. Intuition is that voice of innate wisdom which can speak to us at any moment. It is the core of our self, of our consciousness, a touchstone which is always true and trustworthy, as long as the voice is not distracted or disturbed by the many voices of our ego, or others egos, which we allow to reside like ghosts within our consciousness. Learning to listen to and trust our intuition means we must be able to recognize these voices and ruthlessly ignore their deviations and temptations. This is why we need to spend some time each day in some form of contemplative process - call it meditation, reflection or just listening to the self. When we give time to restoring our inner peace and quiet, we

will learn to discern the voice of our intuition from the cleverness of our ego. When meditation becomes a regular exercise we rebuild that trust in ourselves to be able to ignore the machinations of ego, and follow the wisdom of our inner tutor. Gradually there comes a time when we never do not know what to do, when every event reveals something deeply significant to our awareness, and we can sense the deeper needs of those around us. These are the inner subtle skills of intuition and the sign of our intuitive intellect at work.

### Experiencing Perfection And Success In Role Playing (Part 1)

Spirituality gives me the detached realization of being pure consciousness. This realization not only detaches me from my physical body, but also detaches me from the different roles I play through my physical body (male or female) and the different acts or scenes in each role, in one particular day or one particular lifetime. The roles may be many, the acts and the scenes may be many, but I am the actor playing the different roles and participating in the different acts.

**There is great strength in experiencing myself as an actor as compared to the previous existence in which I used to lose myself and forget my spiritual identity completely while playing the different roles, identifying more with the roles and thinking myself to be the role instead of being a spiritual actor.** An actor, even while in the midst of the most dramatic scenes, even whilst getting excited or emotional or angry, knows he is not the part itself, the part is just temporary. He knows he is something more than that, and that when the play is over, the role will not exist anymore. So, **even though I *play* my role, I don't cut off myself from the role and don't leave my responsibilities, I need to adopt** the *observer* or *spectator* or *detached* consciousness instead of the *player* consciousness. A player tends to get over-involved. So, the balance has to be maintained – I *play* as well as remain detached. Only then the roles will be played to complete perfection and I will experience success in each role.

(To be continued tomorrow ...)

## Know Your Stress

What causes you stress? Is it your job, a relationship, health, wealth.....? Or is it a demanding deadline, an overcrowded train, a throwaway comment.....?

To know your stress, try this:

- Take a piece of paper and divide it into three columns.
- In the first column, list your stressors, for example, presentations.
- In the second column, get specific about exactly why you feel stressed. So, if you're giving a presentation, are you stressed about the audience, the use of technology, your performance?
- In the third column, brainstorm the solutions. Do you need some extra technical training or tips on how to calm your nerves?

Try this exercise; sometimes it unveils practical solutions and sometimes just knowing your stressors can mean that you don't react so strongly to them next time.

## Message for the day

**To be powerful is to be a support for others at all times.**

**Thought to ponder:** When we face challenges, we may not look for solutions from others, but we definitely tend to look for support from others. Yet, we find that most people today are unable to give support. We then tend to get disappointed, further increasing our negativity. Yet, we need to understand that each one has their own problems and they too are in some way looking for support. We need to be internally so powerful and self-reliant that we can become a support for others, instead of expecting from them.

**Point to practice:** Today I will create a simple practice for myself. At least 5 times today, I will tell myself "I am powerful and self-reliant. I am the master, the creator and this situation is just a creation. So I the master will find a way to maneuver and change the situation". This practice will help me stop expecting from others, not even support.