

Today's Thoughts: December 08, 2020: Don't Miss the Essence!



Don't miss the essence!

Silence increases the quality and the level of our ability to discern, allowing us to use our time, thoughts and qualities effectively and thus benefit all. In the silence of inner quietness, the intellect makes everything clear and then we just know how to act for the best.

Too much analysis and mental processing pollutes the clarity of discernment; an overload of details makes us miss the essence.

Injustices And Suffering In The World – Applying The Law of Karma (Part 2)

An understanding of the laws of action reminds us that whatever we give we get, and whatever we get is the result of what we have given. When we apply this understanding into our awareness while we watch apparent injustices in the world, it reduces our outrage, lessening our pain. It's not that we sit passively and allow people to bring about suffering upon others, but it helps us to see that **the greatest or highest contribution that we can make, to both the victim and the sinner, is to help them remember who they are and help them rise above their anger and fear towards each other.** Only in this way can we help them to liberate themselves from an exchange of energy that has perhaps been going on for centuries.

But before we can effectively do this for others, it is necessary to try and do it for ourselves. **Instead of taking the law into our own hands (the desire for revenge and justice), we can benefit everyone around us by first understanding and living ourselves according to the invisible laws of cause and effect which define all human relationships.** Sometimes this is referred to as practice what you preach, and it often requires moments of reflection before action in order to judge the consequences of any path of action. This capacity to stop, reflect and consider, in a state of mental calm and with clear intellect, is an essential characteristic of all effective leaders. It is also what makes us all potential leaders in life, every day, who can bring about world transformation through self-transformation.

Many things in life are like baking.

Baking cakes, pies, biscuits, bread.... it's a messy process. And when you're in the in-between stages, it often also looks a mess. But when it comes out of the oven, it looks good and tastes good.

Even if it doesn't look good, it still tastes good. And if it doesn't taste good, you can always adapt the recipe or try again.

If where you are in life, right now, is looking a bit messy, say to yourself, "If it's not good now, it's because it's not the end yet!"

And if it's still looking messy when you get to the end, it's OK; you can always adapt or try again.

Message for the day

The one who works to remove the sorrow of others is the one who is loved by all.

Expression: When there is the one aim of helping to remove the sorrow of others, there will be nothing negative while dealing with others. There will also be no expectations from others. Working with the natural desire to bring benefit to as many as possible, enables one to continue to contribute to whatever extent possible.

Experience: When I am able to have this one desire of helping others be happier, I am able to make a contribution for others' happiness and progress. I then find that others naturally appreciate my selfless contribution and their good wishes help me feel light and experience progress.

