

Daily Positive Thoughts: December 21, 2013: Appreciate



If I cannot appreciate what I have at the moment, how can I value what the future has in store?

Our Treasures

Within us are a lot of treasures - the treasures of thoughts, time and virtues that we have not been using fully. The power within enables us to recognize and use these treasures in a worthwhile way. The more we are able to work with them we find them increasing. We need to remind ourselves of the treasures within us and try and discover which treasure we have that we can work on. Even if we think of a simple specialty of ours which we could make use of, we would find it increasing and we would find others benefiting too.

The Mental Periscope

This is the ability of the intellect to come out, observe, understand and initiate appropriate action and, when necessary, go back inside and be calm and still. This act of taking the thoughts inside is called introspection and in this introspective state the self can re-energize, examine, reflect and refine, or just be completely still - whatever it may wish to do in that state of silence. When the intellect uses its capacity as a periscope, it is able to find a balance between the inside and outside worlds.

Effective meditation means to gather the positive resources of the inner self and then use them in the outer world.

It is important to remain neither too much inside, nor too much outside, but constantly to create a balance between the inner and outer realities. Meditation resembles the cyclic path of energy: going from the inside out and then from the outside in, gathering information, or experiences that we need to reflect on, or understand better. On other occasions, it may be a question of recharging our minds with positivity and peace: we go inside and, with the practice of silence, the battery becomes re-energized.

Soul Sustenance

The Power to Face

Situations arise where it may not be enough to tolerate or accommodate, but where I need power to face very unpleasant and perhaps threatening realities. What we are talking about here, in effect, is courage. Meditation helps enormously.

First, the practice of the awareness of myself and others as eternal souls greatly reduces fear of death, an ever-present reality that we spend much time, money and mental and emotional energy trying to avoid. If soul-consciousness is firm enough, I'll have the absolute conviction that when someone dies, it's not that they are no more, just that they have moved further on their eternal journey. This faith makes it much easier to face the departure of someone close to me. It also removes much or all of the fear I might otherwise suffer about leaving my own body. I'll still value my life greatly - probably even more than before, because of having the burden of fear removed. But I won't let concern for the body stop me from facing what I must.

Secondly, meditation makes it easier for me to oppose evil. It does this by allowing me to differentiate clearly between the actor and the action. Spirituality helps me understand that the original qualities of every soul are peace, love, happiness and so I have no hatred in my heart for anyone. This helps me become fearless and stand firm against wrongdoing. With a clean heart, a clear understanding of good and evil, and connection with the divine, I am much more likely to have the faith and courage with which to stand up for what is right.

Thirdly, if the negative behaviour I am opposing activates negative tendencies within my own personality, the fight will soon wear me out and I'm unlikely to be victorious. Power absorbed from the Supreme in meditation helps me remain positive and above negative tendencies and hence face someone's negative behavior and emerge victorious.

Message for the day

To find reasons to be happy is to increase happiness.

Expression: When the mind searches for reasons to be sad and sorrowful, even situations with no great significance are seen with a vision of negativity. So there is constantly an expression of words and actions that reflect the need for sympathy and reassurance. On the other hand, when there is the search for happiness, then everything is positive giving happiness..

Experience: When I am happy, I start perceiving everything with that vision. It is like wearing coloured glasses. Whatever colour my glasses are, the whole world is coloured with it. Then, I am no longer able to perceive and recognize negativity and I am able to remain happy with everything.