



## Introspection

Introspection is the attitude of going inside when it's necessary. It is especially applicable before a task or a busy day. The result of going inside is peace and calmness, which gives clarity to the intellect for making right decisions. Introspection does not mean avoiding the world, it means going inside and getting empowered to act along with others.

## **Meditating With Open Eyes**

It is advised to practice meditation with eyes open. When we sit to meditate, if we close our eyes, what we do is that we send a signal to our mind, intellect and our physical body that sleep is close and that signal, in turn, induces sleep. That is the last thing we want to induce inside ourselves, while meditating. Meditation is a way to wake up and stay awake, not only physically, but in terms of being conscious and alert about what is happening **internally** and **externally**. **It is therefore good to practice with eyes open, so that during your meditation, you can become used to going beyond the physical inputs of what you see, hear, feel and smell and at the same time, remain exposed to these inputs.**

By practicing with open or semi-open eyes, it becomes easier to create the accurate state of consciousness while still being faintly aware of our surroundings. This will be essential in day to day activities when we want to stay connected to our inner peace while others around us may not necessarily be very peaceful. It will also help us to move deeply into our peaceful consciousness during conversations which at the same time, require alertness to go into the depth of ideas and concepts. When we are established in our peaceful, spiritual state (as a result of meditating), it is as if we are keeping our third eye, the eye of our intellect, open, which gives us the ability to see, in actions and interactions, what is true and false, and to make the right decisions without being influenced by others or our own emotions. All the above abilities are required many times during the day. We obviously can't keep closing our eyes to meditate each time any of these abilities are required.

## Focused Concentration

Most of us are of sound mind, but many of us have trouble maintaining a note of harmony and peace. Most of us know how to think, but few of us are able to control our thoughts. We all have the capacity to be creative, to image new ideas, but few of us are able to do it together and co-create in harmony with each other. We could all do with some mental training so that we may use the most powerful energy in the universe, the mind, which is always at our instant disposal. We can begin with mindfulness. It's a simple way to gently help our mind go where it is best to go, do what is the best thing to do. It begins by simply being fully aware of what you are doing. Mostly we are not fully aware, as our minds wander into the past and then into possible futures. We spend most of our time watching others and so rarely fully focus on what we are actually doing ourselves. Next time you sit down to a meal, watch yourself. Be aware of only what you are eating. Every time your mind wants to wander, bring it gently and lovingly back to the action and sensation of eating. Then do the same when cleaning, when writing, when working. The more you do it stronger and more focused and more rational will be your concentration, the more natural will be your actions, the more peaceful you will feel, and the more relaxed you will be, no matter what you.

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## Message for the day

**The ones who are constantly happy are truly fortunate.**

**Expression:** Whatever the kind of situations needed to be faced, whoever the people and the different kind of personalities they come into contact with, the ones who are fortunate constantly enjoy. They also continue to take benefit and bring benefit to others too. Their fortune lies in their ability to perceive the positive aspect in everything and take benefit accordingly.

**Experience:** When I am able to be happy under all circumstances, I am able to make the best use of whatever I have with me. I then find myself full of all resources. I don't think of what I don't have but I am aware of and make the best use of what I have. So I find myself to be always lucky. I constantly move forward.