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The Gift of the Present

When the past is mixed into the present, it prevents you from experiencing the happiness the present offers. So the question is how do you forget the past? Focus your attention on that which is good in the present. Do not compare the present to the past.

Carrying Feelings Experienced In Meditation Into My Interactions

If I keep close contact with my internal self, to check what my feelings are like and I maintain the meditative awareness at many moments during the day, even if it is for very short periods of time, I will find that the good feelings I have experienced through conscious choice, in meditation, I carry them with me into my interactions with others. Then, in any exchange, although the other person's thoughts, words or actions may not be as I would like them to be, I'll be better equipped to maintain a good feeling towards that individual, and towards myself.

For example, I meditate in the morning and then leave home and find myself in a situation in the office where two of my colleagues are arguing over an issue. When I try and intervene, one of them gets aggressive with me as well, but the feelings of peace I experienced in my meditation a couple of hours ago are still with me, using which I do not react angrily.

or fearfully. In fact, if my peace is powerful enough, it will make the other one also peaceful.

So the key is to emerge and collect positive feelings through meditation at regular intervals during the day. And then become a donor of positive feelings to negative situations as discussed above is an invaluable achievement. It is good for my own wellbeing, and for contributing to the creation of a peaceful atmosphere wherever I am, whenever required.

Trustee

When we think of resources that God has given us, we tend to think that everything should be accepted blindly. Such acceptance sometimes leads us to become passive, or even make us to get caught up in the negativity of the situation. To consider ourselves as a trustee of God is to appreciate what is happening, knowing that God is responsible. It also means that we need to be a valuable instrument and do our bit well. When we make full effort handing over the responsibility to God, we are able to do our best using all the available resources. Yet, we don't experience the burden of the situation.

Message for the day

True courage brings benefit to the self as well as to others.

Expression: When there is fear, there is some kind of danger, either for the self or for others. The one who fears, or the one who doesn't have the courage to accept and face situations, is not able to bring out the best form within himself. Such a person is constantly thinking of excuses and is trying to blame others for the mistakes that happen.

Experience: With courage, if I am able to take up responsibility for every situation that I am faced with, I am able to be free from worry or tension. I will then be in a position to learn and so I find progress at every step in my life. I find others giving me a lot of good wishes for my sincerity. I also become an inspiration for all others too to bring about a positive change.