

Thought for Today
07.10.2017



Inner beauty

We are all already beautiful and perfect, and we always have been. However we do not know this beauty, because it is hidden deep within, and we are not taught to go deep inside ourselves and see it, feel it, and express it. Inner beauty is made up of the qualities of the soul, and these qualities are always found in the heart of our consciousness (through the practice of meditation). But we don't know this because we are taught not to regard ourselves as spiritual beings or souls. And when we learn (falsely) that we are only physical bodies we then try to find beauty outside ourselves. But in the process of doing so, our self-esteem weakens. This is why the most physically beautiful people very often have the most delicate self-esteem. They depend on attracting desiring glances of others towards their form for how they feel about themselves. This is dangerous, as anyone with

physical
beauty will finally tell you.

Meditation The Western And Eastern Perspective

Nowadays, the majority of people in the West who wish to learn how to meditate do so because they want to relax. In a world of constant demands, where everything appears to happen at lightning speed, people want to learn the technique of freeing themselves from the variety of tensions they face, find an inner calm to bring about balance in their lives and sustain a positive frame of mind.

In the East, meditation is an ancient tradition, which involves far more than just relaxing and being positive; it is a way to enlighten the mind. An enlightened mind is one filled with peace, clarity and kindness. Clarity enables the individual to make decisions, which are benevolent (kind) and accurate for the self and others; kindness protects the self and others from the harmful effects of the mind's negative desires. The aim of meditation is to use the values of wisdom (spiritual knowledge), peace and kindness to enable the individual to control the mind, to keep it in order.

Message for the day

The best way to change others is to remain peaceful.

Projection:

When there is behaviour seen which is not to my liking or approval, there is a tendency to get upset and worked up about it. So immediately, this is brought into words and actions also. Getting agitated or excited doesn't however solve the problem. When there is the ability to remain peaceful, the right solution is found and there is the right response to the problem at hand.

Solution:

When I am able to maintain my inner peace under all circumstances and with all people, I am able to use the power of my thoughts to bring about a change in the mind of others too. I find myself discovering the power of my inner potential and am able to use it for my own benefit and that of others.
