

Thought for Today
08.10.2017



Progress

Awareness of my own resources enables me to experience quick progress. I usually look for excuses for my lack of progress. I either compare with others or curse my own lack of resources and stop putting in effort. So although I can do a lot I don't experience as much progress as I should. To make as much progress as I want to is in my hands. For this I need to recognise the resources I have and put them to the best use. When I am busy with that I am able to move forward quickly.

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.
