

Thought for Today
11.10.2017

Do you enjoy what you do? Do you enjoy your work?

When you enjoy what you are doing you are so absorbed and involved in the task that you rarely stop to think about time. We think we 'have to' go to work because we associate work with hard labour, a kind of boredom that must be tolerated. We rarely see work for what it is. What is work? Is it something to get joy from, or something to give joy to? We are conditioned to see and think about work as a necessary activity in order to pay for the 'good' things in life. And so many of us leave our hearts in our homes, and reluctantly (unwillingly) do what we think we have to do – with one eye on the task and the other eye on the clock. Notice, when you are doing what you love doing, you do what you do, with love...and joy...and willingly. And time is never a problem. So here is the challenge:

Are you doing what you love doing. Is the work that you do, what you give yourself willingly to? If not, what do you love doing, or what is it that you joyfully enjoy giving your time, interest and attention to? (By 'doing' we mean something that is creative or interactive not something static (inactive)).

Imagine you are doing what you love doing, for a living, what does this look like? What could you do to begin to make this change?

The Search For Peace, Love and Happiness

We are constantly searching for true values. In consciousness we mistakenly think that the physical world and physical relations can provide us peace, love and happiness. However peace, love and happiness are not the properties of matter, nor of the physical identity, but the true properties or characteristics of the soul. This has to be realized.

Imagine a scene in which you are surrounded by all your favourite things; food, music, fragrance, scenery and companions. Just about to enjoy your meal, the telephone rings and you are told that a person close to you has just died. Instantly, that scene of "favourites" melts into a distasteful and superficial experience. Something has happened that shakes the soul and it can no longer enjoy those things. At the same time it finds itself powerless in the face of the bad news as understanding and power are missing. Life is full of experiences such as this and it becomes clear that physical things are not the sources of peace, love and happiness, but that understanding and inner strength are.

One of the basic facts of human psychology is that we do not seek or desire something that has not been experienced previously. For example, if one has never tasted a mango, there cannot be a burning desire to have a mango. This suggests that desires might be arising from previous life experiences. In fact, it is impossible for a human being to act or desire outside the field of his or her own experience. The search for peace, love and happiness is so fundamental to the human spirit because these are the original and true qualities of the soul itself.

Message for the day

To transform waste into something purposeful and powerful is to remain light.

Projection:

To successfully transform something waste into something powerful and meaningful is to look beyond the situation and see what it has to teach. When there is the ability to do this, there is the ability to go on in spite of the most challenging obstacles. There is the deep understanding that nothing happens without a purpose. There is no time or energy wasted in wasteful company.

Solution:

When I understand the significance of everything that happens, I am able to transform in a second. So I am able to remain light because I am able to put in sincere effort and free myself from the burden of waste. I also find that there is no problem in my relationships too, as I am able to understand others and behave accordingly.
