

Thought for Today  
12.10.2017

Contentment makes me a giver. My mind is busy usually with expectations. I continue to expect something or the other from people. Yet I find that people are too busy fulfilling their own expectations to notice or to give what I need. Since my expectations are not fulfilled I am not able to be available for others and give them what they need. I need to be so aware of what I have and be content with it, that people should never think about what I need but should be able to take from me what they need. Then I'll be free from expectations and give others what is required.

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### The Mental Periscope

This is the ability of the intellect to come out, observe, understand and initiate appropriate action and, when necessary, go back inside and be calm and still. This act of taking the thoughts inside is called introspection and in this introspective state the self can re-energize, examine, reflect and refine, or just be completely still - whatever it may wish to do in that state of silence. When the intellect uses its capacity as a periscope, it is able to find a balance between the inside and outside worlds.

Effective meditation means to gather the positive resources of the inner self and then use them in the outer world.

It is important to remain neither too much inside, nor too much outside, but constantly to create a balance between the inner and outer realities. Meditation resembles the cyclic path of energy:

going from the inside out and then from the outside in, gathering information, or experiences that we need to reflect on, or understand better. On other occasions, it may be a question of recharging our minds with positivity and peace: we go inside and, with the practice of silence, the battery becomes re-energized.

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### Message for the day

To have a clear aim of where the action will lead is to be successful in everything.

#### Projection:

Many a times it so happens that one acts immediately seeing a situation. But the one who is successful analyses the situation and predicts the outcome of the action that he performs and then acts keeping the end result in mind. Because of knowing the consequences of the actions before actually performing that action, he is able to continue putting in effort in spite of the challenges and difficulties. So he continues to give his best to the task.

#### Solution:

When I am able to give time to myself to think before performing any action, I am able to take the opportunity to be clear in my thinking. The consequences of the action I wish to take are clear in my mind and so, the action taken to overcome the situation is right. Hence, I receive easy and sure success.

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