

Today's Thoughts: March 14, 2019: Let Go



Artist: William-Adolphe Bouguereau November 30, 1825 – August 19, 1905, French academic painter.

Let Go

So much of what holds us back is our inability to 'let go'. Letting go is simply making a decision to no longer allow something from the past to influence your life in the present moment. So let go!

Focus on the Goal

While moving towards the destination, we generally tend to get distracted with even the little things that happen. Even a small negative or positive incident is enough to distract our thoughts from the destination. We become so busy with such things that our vision moves away and there is no movement forward. We need to first clarify our goal. Once we have done this, we need to take care that our vision is focused on it. Even when situations come by, trying to distract us, we need to remind ourselves that these are only side-scenes, which are not important for us. It is more important to keep our energies focused towards the goal.

Soul Maintenance

In order to take care of the physical body, we give importance to **diet, exercise** and to proper **rest or sleep**.

In order to take care of the non-physical self or soul, we need to make sure that we **feed our intellect with positive thoughts**.

Attention needs to be kept on the **diet** of the intellect. If we keep feeding it with positive thoughts, then automatically it will make us free from any heaviness and we will feel the lightness of our own mind.

The regular **practice of meditation** for 5-10 minutes every morning is the **exercise** for the soul. Meditation will help us master our sense organs, think more peacefully and powerfully, maintain our focus of inner attention and therefore remain undisturbed by external events (at the workplace or at home).

The third important thing is to give enough **rest** to the soul. We sleep to energize the body. We need to give rest to the soul in the form of silence in the mind. Refuse to do anything in this one minute. Just **one minute of silence and calmness every hour** gives rest to our mind and will empower (strengthen) us for the rest of the hour. So we are able to do our work more efficiently and effectively.

Soul Sustenance

Internal And External Attachments - Part 3

Each time we attach ourselves to anything which is external or internal (we have mentioned some common examples of both types of attachments in the last two days' messages), **we create fears, amongst which the main one is the fear of loss of what I am attached to. The attachment not only gives rise to fear but also brings with it emotions like anger, ego, sadness, jealousy, greed, comparisons, hatred etc.** All these emotions have their roots in attachment, which gives rise to insecurity.

Any type of attachment out of the ones mentioned in the last two days' messages or some other is a *sanskar* that is so deeply embedded inside us that it seems normal to us. It is just a *sanskar* but it has immense amount of power and it manages to imprison us completely, but most of the time we do not even realize we are imprisoned. The negative emotional states connected with this kind of attachment create a state of internal mental pressure or an inner emptiness and make us feel absolutely helpless at times. Over a period of many births, we have become so accustomed to these attachments and the various forms of suffering connected with it that we have started believing that these are an integral part of the human personality and human life since the beginning and are, therefore, natural. And so we continue with the *sanskar* and even keep strengthening it, never ever thinking that it should be removed. We do this with internal stress and unhappiness to the point that even our health gets affected adversely. **The natural state of the self is free and not attached in this way to anything. Attachments, whether external or internal, are acquired at different points of time in birth-rebirth cycle and are not natural or there from the beginning.** All the things mentioned in the last two days' messages have existed from the beginning but attachment to them has not. The present suffering indicates to us that these types of attachments are something abnormal or not natural.

Message for the day

True honesty brings clarity about the self.

Expression: Honesty doesn't mean just speaking the truth. Honesty means being clear with oneself. Then it naturally brings clarity about one's own capabilities. This clear understanding enables one to do the best according to the capacity. It gives the recognition of a higher step that can be climbed and brings the humility to learn from the different lessons of life.

Experience: When I am honest I am able to know my own limitations and accept them with love. This acceptance keeps me busy with what I can do and also silently makes me ready for the next step. When time comes, I am able to do it, because I have already prepared myself for it. I don't stop when situations demand more from me because there is total clarity within.