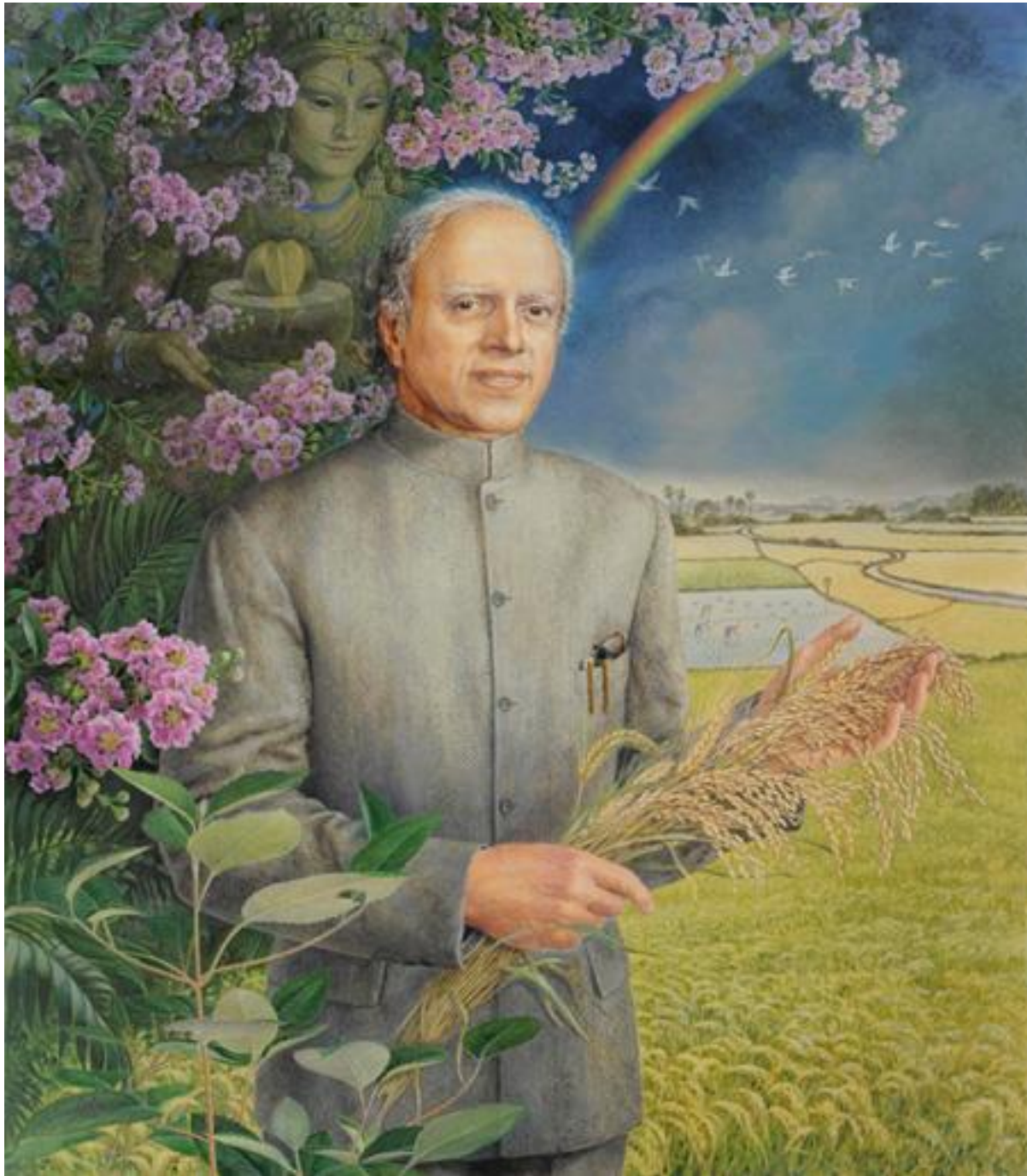


Today's Thoughts: June 06, 2019: Look Ahead



Artist : Kinuko Y Craft - Dr. M.S. Swaminathan of India

Look Ahead

Do not look back with shame, nor look up with arrogance, nor look around for blame. Just look ahead with dignity.

Empty Handed We Come And Go Away (cont.)

Continuing from yesterday's message, a soul who does not cling, is easy natured, who wears the clothes of its roles and responsibilities, but not very tightly, experiences constant happiness and serenity and connects with everyone or everything, but yet can disconnect whenever required. This is true inner freedom. Such a soul always smiles and coming in contact with such a soul is soothing. Such a soul is a liberated carefree emperor and gives a comfortable feeling of liberation to everyone and everything it touches or comes in contact with. On a lighter note, if you are still not convinced about living a life of detachment, you can start with asking yourself, do you enjoy interacting with someone who likes to possess or cling or control or someone who does not? What is a more empowering and comfortable experience for you? The answer is obvious.

Once we get convinced about the idea, we will be courageous enough to challenge internal pressures like old thought patterns, habits, beliefs, past experiences and external pressures in the form of real life challenging situations, the information that we receive from outside and of course our friends and loved ones who will try and convince us to take the opposite path of attachment in subtle or non-subtle ways. Along with inner conviction, becoming aware of ourselves as spiritual beings through meditation, which will help us rediscover our real and authentic being, will also assist us immensely in this process and will provide us the power for the same. Meditation helps us empty ourselves of all that is unnecessary or excess waste inside us and discover the essential, which is precious, as a result we feel full and complete inside, and we no longer desire to possess or hold on to anything physical or non-physical. Hence, we very naturally, without much effort, start living our day-day life without depending on the crutches of attachment.

Soul Sustenance

The Triangle of Spiritual Energy (Part 4)

Referring to yesterday's message, in the triangle of harmonious energy, all three points (the self, the Supreme and others) need to be equidistant - not too much one way or the other. The equidistant triangle in ancient mathematics was the symbol of harmony. Harmony, peace, order and balance is what is natural in human life and if we wish to return to that condition, we need to realize the importance of equidistant relationships. It requires constant attention to keep the three points in balance and in working order. Otherwise, when we get over-focused on any one of the three, we become inflexible. This inflexibility causes us to go out of balance and the result is disharmony and disunity, which can also be called 'violence', an unnatural condition, or even hell when it reaches an extreme point.

In order to maintain a balance between the three, I need silence: times of introspection when I can check the flow of three of my relationships – with the self, Supreme Source and others. This checking mechanism protects, sustains and develops the qualities of these three points.

Message for the day

Determination is the best companion.

Projection: When things go wrong, the first reaction is of fear. Because of this, I can't put in any effort to better the situation. I start looking for a companion, a support who can provide me help. But I rarely get help from outside.

Solution: When I have to look for something to rely on, the only support I get is from my own determined thought. I need to make it my companion, not letting go of it till I succeed. This will help me overcome my fear and move towards success.

Humility

The more respect is measured on the basis of something external, the greater the desire for recognition from others. The greater the desire, the more one falls victim to ego and there cannot be humility. We need to start the day with a thought that brings self-respect. We need to tell ourselves that we are special and also use this speciality throughout the day. We will then not dominate or limit the freedom of anyone but will naturally with humility.