

Today's Thoughts: October 16, 2019: Perfect



**Perfect**

Practice makes you perfect, so be careful what you practice!

## **Understanding**

To have the right discrimination is to save time. When we find someone doing something wrong, we immediately start giving corrections and directions. Yet we find that the other person is not in a position to listen to us. In the process of explaining to others we find our time getting wasted. When we give directions to others we have to first see if they will understand what we are trying to say. We need to understand the other person before we speak. Then our words will make their full impact on others.

### **Taking Charge Of Your Responses**

In relationships with your loved ones, when looking at the other, sometimes positive emotions are generated and sometimes negative. On the one hand, joy, love and happiness is generated on being with them; but then attachment, dependency and expectations are generated. In such situations, you are more focused on others and are always looking at the other person's behavior, you stop seeing yourself and being aware of your reactions and taking the responsibility for the responses that you create. You get frustrated when the other person does not meet your expectations. As you depend on them, if they don't act as you would like, if they don't reach home or call you at the time you would like; all this frustrates you. You radiate this energy to the other: "they are not doing what they should be doing," and so you feel frustrated and discontented.

All the while that you hold the other one responsible for your frustration, you are not in charge of your own reactions, because you have given power to the other to dominate your emotional world. It is there that you lose your freedom. You lose your freedom because you give to the other, in the name of love, power over your own moods. You allow the other's energy to enter your inner world and cause inside you frustration, bad moods, irritation, sorrow and a mental and emotional dependence where you are constantly thinking about where they are, what they have to do, what they have to say, where they have to go, and all this consumes a lot of your mental energy. Wanting to control the other and the frustration that it brings with it uses up a lot of emotional energy.

## **Soul Sustenance**

### **Meditation For Personality Transformation (Part 1)**

At the heart of every human being or soul there is a spiritual energy, pure, of peace, love, truth and happiness without dependence. Being aware and experiencing this energy provides you with the inner strength necessary for change. Meditation is the method of access in order to allow that energy to come to the surface of your consciousness and in your mind in order to color your thoughts and feelings. In a way very similar to that of a volcano whose melted lava, hot, flows from the centre of the Earth to the surface, we, on meditating, can create volcanoes of power (which emerge in our conscious minds) required for personality transformation.

You can do an exercise, a meditation whereby you choose a habit or sanskar that you don't want, and you will replace it with a characteristic that you would like to incorporate, like a thread, into the cloth of your personality. For example, replace impatience with patience.

Tomorrow we shall explain a meditation with this theme: changing a habit or sanskar.

## **Message for the day**

**To consider problems to be a game is to move forward with lightness.**

Expression: Even when the most difficult problem comes my way, I am able to give my best when I understand the significance of whatever is happening. Because I never experience being subservient to the problem, I am always a master.

Experience: When I understand that problems are just a game, I am able to play whatever part I have to, externally. But internally I will experience lightness knowing that this is the part I have to play. It would be easy to understand the significance of the part that I am playing and remain happy.