

Today's Thoughts: February 20, 2020: An Ancient Peace



An Ancient Peace

There is a silence into which the world cannot intrude. There is an ancient peace you carry in your heart and have not lost. There is a love you have missed for so long and will always come back to.

Focus

Remove the confusion that comes from too many options and too much information by sharpening your focus.

Just as a photographer decides where and what to focus the lens on, we too must select what really matters and what doesn't.

Whilst capturing the overall picture and all the details, put the spotlight of your focus on one particular thing.

And just as a photographer adjusts the camera to each picture they take, know when to redirect and adjust your lens of focus.

The Limitless Mind

If we compare the two entities – **mind** and **matter** – the most obvious difference between the two that comes to the forefront is that one is non-physical and the other is physical. Another very important difference between the two is that whereas on one hand, **matter has limits**, in the sense, that's **its fixed in time and space. The mind, on the other hand, is beyond limits, in terms of physical parameters. It's not fixed in time and space.**

When we take a close look at what is going on in our mind, its power becomes visible to us. Since its not fixed in space, it can link me to a friend in, as far as, Washington or Singapore in less than a second. My mind can even move in many different directions at once. Since the mind is not fixed in time, I can think about yesterday, or about fifteen years ago; about tonight, or the next three years. That's the reason we can say that the mind is limitless, hence powerful.

Thoughts also have different levels of power. Sometimes they fly past the mind leaving hardly any impact on us. At other times, they are accompanied by such feelings so as to influence our entire perception, even our complete inner mental state. Thinking about a visit to Kashmir I made last year, for e.g., I could find myself carried back mentally into the beautiful experience and its attached emotions. Filled with happiness, I will even radiate this happiness to others nearby, through my thoughts, facial expressions, words and actions. On the other hand, thoughts about the death of my close relative a few years ago will have an opposite impact on me in the present moment.

Soul Sustenance

Being An Observer And An Actor – Maintaining The Balance

In relation to the other, we have the possibility of observing and intervening (interfering) when we wish to; that is, maintaining the balance between being an observer and acting; playing between forming part of the audience and being the actor. On being actors, sometimes we can lose ourselves in the acting of the other in his or her or their dramas; we get in so deep with what is happening to the other that we lose distance. We get mentally and emotionally involved in the other's stories. When our awareness gets lost in those stories, we stop being the creators of our own life and of our own story. This habit exhausts us; we lose energy; we lose our concentration and control over our thoughts and our emotions. We lose our inner peace and we begin to look for it again.

We can choose to observe the dance of ideas, images and acts of others, and not get involved in their complications. Only thus will we be at peace with ourselves and with the world. Remember that you create your own story. If you want to live in peace and exercise a positive influence on the people around you, don't try to control or to change the stories of others. In order to enjoy a painting you do not poke your nose onto it; you remain at a certain distance so you see it with greater clarity. The same thing occurs with the painting of life. By learning the art of being a detached observer and then intervening, of keeping a healthy distance, we manage to be connected with what is essential without losing ourselves in the waste and superfluous (excessive). That way, our intervention does not arise out of a reaction which has shades of frustration, anger and negative judgements. We are then the creators of spaces of trust and love in relationships.

Message for the day

The method to stay in constant enthusiasm and to keep others enthusiastic is to see specialities in others.

Contemplation: Many times while I am sincerely working towards my task, I find myself losing my enthusiasm. I also might find people not very happy with me or my work. I do make an attempt to understand their feelings but fail to do so. Such negative responses further reduce my enthusiasm.

Application: I need to develop the art of looking at specialities in people. The more I am able to see their positive qualities, the more I am able to relate to them with that speciality. This encourages the other person further to use that speciality. This will naturally keep me constantly enthusiastic.