

Today's Thoughts: May 10, 2020: Detached Observer



Artist: Raphael - Cherubini Canvas

Detached Observer

It is far better to observe than to absorb every word, feeling and attitude, to get over-involved, or react too much. Observing gives us the patience and clarity to think, act appropriately. Observing creates an inner focus that allows us to see reality.

Experiencing Spiritual Growth Through Group Interactions (Part 1)

Anyone who is inclined towards growing spiritually will sooner or later feel the need to taking up a particular spiritual path, which provides him/her with an assigned code of leading a spiritual life and helps him/her to incorporate it in his/her life. This also means becoming a part of a spiritual group or gathering or community and participating in spiritual study, practice like meditation or prayer and perform service along with the group. But, on the other hand, there are also many spiritually motivated people who are not very interested in groups and communities and keep a distance from them. They are of the opinion that it is easier to work it out alone by collecting information from other alternate sources by books, the internet, the television, videos, etc. and progress spiritually. But the relationship between spiritual growth and being a part of or participating in a group is clear.

For the isolated and solitary person, growth is limited, since the personality is not activated to the same extent as when it interacts with others. **In relationships and in living together, the various forms of hidden ego and the different shades of the personality, positive as well as negative, are stimulated, creating the possibility of being more aware and conscious about them, bringing about greater growth and spiritual development.** After all, one of the main objectives of spiritual development is achieving victory over the ego and becoming soul conscious, getting rid of the negative shades of the personality and further enhancing the positive traits and skills, so that they can be used for benefiting the self and others.

Tomorrow we shall explain the various powers that are required to experience success in groups, which as a result, get enhanced in group activities and interactions.

Acceptance

Why write someone off because they've done something wrong? Accept that people are inconsistent, and embrace all variations of personality and behaviour. Remember, you have inconsistencies too. So, be kind and generous with your judgments.

Message for the day

The power of determination brings all thoughts into practice.

Expression: There are a lot of thoughts that come into the mind that should come into practice immediately. These thoughts come according to the demands of time or according to the kind of people that one comes into contact with. But the only way to bring all these thoughts into practice is to use the power of determination. Where there is determination there is the commitment to use all the resources for the realization of that thought.

Experience: When I am able to use the power of determination, I am able to realize my inner potential and use it in the right way. So I am able to experience constant progress, because all my thoughts are for my own self progress and all these thoughts naturally come into practice. I never give up anything with temporary setbacks but am able to do everything for the constant progress of the self.