

Today's Thoughts: June 03, 2020: Spaces of Silence



June 21, 2015: Prime Minister Modi and more than 35,000 people participated in a mass yoga demonstration in New Delhi marking the first International Day of Yoga

Spaces of Silence

Push yourself like a machine and you will eventually run low on energy. Love your mind by allowing it spaces of silence and it will serve you tirelessly.

The Significance Of The Power Of Thought In Meditation

Meditation is not a process of emptying the mind of thought. **In meditation I use the natural power of the soul – the power to create thoughts, as a take-off point (or as a spring-board) to finally experience the consciousness of the true self. In meditation, I climb a ladder of well-prepared, positive and spiritual thoughts and eventually climb beyond the ladder into the pure experience of what I really am.** Pondering over these pure and real thoughts can occupy the soul for long periods of time.

In the most basic stage of Rajyoga meditation, first comes the realization: I am a soul, the energy of consciousness made up of a mind, an intellect and a collection of *sanskars*. My eyes, ears, nose, mouth are just the organs, which when used correctly, help me, the soul, enjoy life. I now possess the knowledge that will free me from my cage. I have the key, spiritual knowledge is the key - I am a soul, a being of light, *a bird* which has the power to fly freely. Knowing this, I am not bound by physical laws. I can detach and fly at the speed of a thought, to the soul world, where I can easily experience my original state. I must realize that it is impossible to have *peace of mind* if I cannot detach from the body. I must look upon all my family members, friends, colleagues, also as souls which have come from the soul world. We are all fellow souls.

To understand uniqueness is to be free from expectations.

When I continue to think of others and wanting them to think like me, I will not be able to be free from expectations. I need to understand that each one has his own unique set of experiences. So, everyone has their own uniqueness of expression. That's what makes the drama of life so beautiful. Today I will appreciate the uniqueness of everyone. I will at least tell 2 people how special they are and what difference their life has made. This will help me not only appreciate them, but also keep me free from any kind of expectations. Others, too, would be able to use their best qualities.

Message for the day

The one who has self-respect is the one who is free from aggression.

Thought to ponder: When the situation seems out of control, there is naturally a feeling of helplessness. This helplessness further creates tension, which gets expressed in the form of aggression. Such a kind of aggression cannot be suppressed or controlled. To be in the state of one's own self-respect is to be confident and the one who is confident will be assertive but can never be aggressive.

Point to practice: I am able to keep my mind cool, when I am in my state of self-respect. So I never react to situations negatively but I am able to understand the situation and respond in the right way. I take decisions in a calm and composed state of mind, so I find myself relaxed and easy even in the most difficult situations.