

Today's Thoughts: June 29, 2020: Communication



## Communication

In prayer you communicate with God, in meditation God communicates with you.

## **Cleaning Up The Cupboards Of Your Mind (Part 2)**

The first thing that meditation teaches us is to cleanse (clean up) the mind of the useless thoughts that it creates in the present moment. While your mind identifies with these kinds of thoughts and sees them as absolutely normal, it will not be able to concentrate. And if it cannot concentrate, it will not be able to cleanse in depth. Meditation helps you to live through that inner process without pain.

**From a space of love, experienced in meditation, you feel secure in order to open up the cupboards of your subconscious mind.** Do not open them before commencing (beginning) the practice of meditation, because the accumulated pain can be overwhelming and the loneliness experienced, when you see what you find inside, can terrify you. Because you are alone, with yourself, with your past and with your present and you are alone here, with your inner cupboards and your files. **In the silence of contemplative meditation you feel a divine energy accompanying you which helps you overcome this fear of loneliness.** You feel embraced by the energy and the presence of unconditional love, which it showers on you - it accepts you as you are, which makes the cleaning up process easier.

## **The Power To Pack Up** (...continued)

As I progress on my spiritual journey, even thoughts that waste the precious resources of the mind come to be seen as a barrier. Turning a scene over in my mind repeatedly is an example of waste, that will rob me of the mental concentration and emotional stability I need to keep moving forward. Sometimes we do get stuck, like a broken record, in such mental grooves, without realizing what we are doing.

The power of pack up means I recognize the damage caused by such waste, and put an end to it. As I renew the awareness of myself as a soul, in relationship with the Supreme Soul, the needle of my attention is lifted above the groove, letting me come fully into the present.

I also learn to be selective in what I choose to remember or forget from the past. This is not dishonest; in fact, it is being honest to my task. Human beings in any case have highly selective memories. We not only see and understand differently, according to our individual interests and agendas, but our attitudes and perception also determine the memories we choose to store.

Meditation enables me to exercise this option quite deliberately, picking up those scenes from the past that nourish me and help me move forward, and rejecting memories that pollute my mind and slow me down.

### **Message for the day**

**When you are always truthful, you'll have nothing to fear.**

**Contemplation:** True courage comes when there is the power of truth within you. When you are constantly truthful, you will have nothing to fear. In all the challenges you face everyday you will be able to maintain your courage because of your power of truth.

**Application:** Make sure your actions are based on truth and when things go wrong, you will still be able to maintain your courage. Keep reminding yourself that you have the power of truth with you and you will be victorious, whatever the challenges that come your way.