

Today's Thoughts: August 28, 2020: Hope in Myself



Hope in Myself

If at any time I begin to lose hope in myself, let me simply look inside my heart and see all the good actions I have ever performed, from the smallest to the grandest. When I see how much happiness I have given, I easily remember the purpose of my life

Living Relationships The Soul Conscious Way (Part 3)

Whenever you want to experience joy in a relationship, learn to love with a big heart. This is something we hear commonly, but what this means is loving without any fixed boundaries of how the other person should be with me. In other words, we tend to create so many fixed images in our mind of the other person's consciousness, attitude, words and actions about how they should be, that we don't let the other person be themselves. This happens to the extent that the other person will in some cases stop expressing themselves freely and also sometimes their personality starts going into a cover which has been created by us and they will never come out of that cover for life in some cases. The meaning of that is simple that the other person becomes a puppet in our hands and he or she will do everything that we demand without ever thinking that they are no longer themselves. And who is responsible for that happening? We are. We create a person based on our personality. That's in short a karma that we become responsible for. This happens in many relationships where people are a mirror image of the person whom they love and who loves them. This is called a conditional love.

On the other hand, a love that is unconditional wants the other person, whom you love, to be themselves and a different person from them with their own personality, their own special strengths, skills and qualities. This happens in such a way that these qualities and skills complement your strengths and the two of you become a beautiful pair of people who keep each other ahead and also at the same time focus on your own qualities and bring them into action. This is true love. **Such a love, when brought into action becomes a beautiful foundation for a happiness filled relationship, in which two people enjoy each other's loveful company without interfering in each other's personal space.**

(To be continued tomorrow ...)

Renunciation

On the path mapped out by the true spiritual philosophers and pioneers, there is great emphasis placed on the idea and need for renunciation. It is seen as the way to enlightenment, and freedom from the attachments which we misuse as sources of limited happiness and contentment.

Renunciation does not mean giving everything away, shaving our heads, saying farewell to family and friends and finding a Himalayan mountain top.

It means seeing our attachments and dependencies, our weaknesses and our evasions, and consciously giving them up. There is no sense of loss. The material necessities still come to us, paradoxically more will come. And when we renounce our own weaknesses and dependencies there is always a strength and a new freedom to be found hiding underneath. Renunciation is a pathway to a simpler life and a highway to spiritual freedom - one of spirit's deepest yearnings in 'the age of accumulation'.

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Message for the day

To have the right company is to ensure progress

Thought to ponder: The company we keep influences us to a great deal. We might not realize it, but we tend to get subtly influenced by the company we keep. Throughout the day, we do come across a lot of people and situations. We have to face them as part of daily routine or as part of our responsibilities. But we need to also have special attention to spend at least some time throughout the day with some good company.

Point to practice: Today I will go out of my way to find some good company. It could be a person, a book or even a spiritual place. I will spend at least 15 minutes today. This will help me have a different and more powerful attitude to deal with all other circumstances throughout the day.