

Today's Thoughts: September 05, 2020: Attachment



Attachment

The root of suffering is attachment. You have created a space in your mind that holds a person or object as part of you. When that person or object is criticized, neglected or not with you, you feel pain in your mind and you experience a sense of loss. If you want to be happy, you must learn to love and appreciate while remaining independent.

Experiencing Perfection And Success In Role Playing (Part 2)

Continuing from yesterday's message, if I'm able to protect and maintain my inner spiritual identity in each role that I play in the day, it's much easier for me to **switch** roles. I switch roles so many times even in one particular day. **If I lose myself in a particular role, my mind and intellect tends to become limited and restricted to that role and I'm not able to see beyond the immediate needs of the role and I find it difficult to adapt to another role.** As a father, for example, I may also be called upon to play the different roles of husband or a Managing Director or a friend or a brother or a son or a son-in-law etc. Also many a times, for e.g. in the absence of the mother, I may have to play the role of the mother or in the absence of the Plant Manager in my company on a particular day, I may have to play his role, etc., both being roles that I do not normally play. I'll have a better chance of being able to fulfill all these roles if I don't get too caught up in any of the roles while playing them and remain in my spiritual consciousness while playing them. A spiritual consciousness will keep me detached.

Every role demands different positive personality traits or *sanskaras* to be put into practice. I need to be flexible and possess the ability to pick those personality traits from my complete spiritual store house of personality traits that I the soul possess inside me, that are best suited to the role and are required for that role at that particular moment, so that the role and the act is played accurately and perfectly to my satisfaction as well as the other's satisfaction. In a bodily, limited consciousness, I will not be able to that.

(To be continued tomorrow ...)

Keep Going!

When you fall off the track, do you throw in the towel?

Perhaps you didn't fall; maybe you just stumbled or tripped. Instead of giving up, give yourself encouragement to get back up.

Go over what tripped you up, learn from it and re-commit to your goals. Leave no doubts that you can do it! Get back on the track and keep going!

Message for the day

To see things with the right vision (third eye) is to ensure that I am not blind to the opportunities that life offers.

Thought to ponder: Wisdom is to see what is not seen. When I only see what is visible to the two eyes, I miss out important details. To open the third eye of wisdom and see through to the reality of things is to create opportunities for oneself. Wisdom is to see benefit, positive and opportunity in everything. I need to give this training to the third eye.

Point to practice: Today I will look at things differently. When something happens to me that I am uncomfortable with, I will see what positive there is, hidden in the situation. Negativity remains even after a situation is over, when I think negative about someone, myself or something. So today I will make sure I change my thinking to positive in these three aspects.