

Today's Thoughts: October 07, 2020: How to Stay Peaceful



Desires cause peace to disappear. You think that acquiring things will make you feel secure, but the reality is that the more you have the more fear there usually is of losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it you become frustrated. Learning to be free from desires is learning how to stay peaceful.

## **On A Spiritual Joyride (Part 1)**

A very beautiful aspect of our lives is variety. **Variety means doing a lot of different things in life which give a feeling of freshness and enjoyment. It means loving every moment of the day by making it special.** Whenever you have spent many days in your life doing one particular thing or working on one particular task, ask yourself am I becoming a one task- force. Or do I, while performing the task, also take care that my work is accompanied by periods of creative activities like reading, playing, interacting and improving my personality by spreading all that I know, to others and learning more than I know now?

There was once a king who loved the role he was playing and also gave a lot of love to the people he ruled. There was no one in his kingdom who did not like him or respect him but yet boredom was something he had to face repeatedly. The same routine was something he experienced everyday and did not know how to overcome that. So, one day, he along with his queen, decided to spend a fixed time everyday talking to people in his kingdom discussing the problems that they were facing. And also, he started fixing small targets in his life, like ensuring that by this particular day, this particular work will get done which can also be termed as goal setting. He realized soon that by filling his life with the flavor of ambition, which in small amounts, is extremely useful for progress, his life was no longer repetitive. In fact, life became something he enjoyed, as long as the ambition was kept in limits and he did not become over-ambitious, which could lead to stress. Love for each task you perform and at the same time different tasks during the day is the secret to a happiness filled life. **A spiritual perspective to variety in life is filling your mind with new thoughts everyday and maintaining a pure and positive mindset. At the same time, let this positive mindset or consciousness be differently positive everyday, by giving the mind new directions everyday, which can also be called being spiritually adventurous**

(To be continued tomorrow ...)

## Integrate Integrity

Integrity means to integrate all the facets of your personality into one consistent, reliable, transparent self.

You're the same inside and out; nothing to hide, no masks to wear. You're honest with yourself, say what you mean and respond to situations authentically, without compromising your values.

With integrity life is easier, you feel good about yourself, there's trust in your relationships, and accountability in your work.

How do you integrate integrity into your life?

## Message for the day

**To use treasures in a worthwhile way is to be content.**

**Thought to Ponder:** We are all endowed with a lot of treasures. Treasures like our specialties, our time, our good wishes, our encouraging words are in our access. Without using these treasures, if we ask God for more, or expect from others, it is difficult to get them. When we start using what we have in a worthwhile way, we find these and other treasures increase automatically.

**Point to Practice:** Today I will remind myself of any one specialty of mine and make a conscious attempt to use it in my day to day activities. I will remind myself of this, from time to time, and use it consciously whenever I can. When I am busy using my own inner treasure, I will not only be content, but also start achieving success in all I do.