

Today's Thoughts: January 23, 2021: *Go Giver*



Go Giver

It's been said that you cannot give away what you do not have. One of the most spiritual important insights or secrets in life is that you already have, and always have had, what you need to give away! If you impart the message that 'I am not worthy' the universe will send it straight back in many shapes, forms and circumstances. When we say 'give me' we are imparting this message. We are saying we think we need to get something to complete ourselves or prove our worth. Most of us are taught to live a life of gimme gimme gimme – always striving, desiring, wanting, struggling. We do so only because we think that when we get what we want we will be fulfilled and esteemed by others. But it's an illusion. We are all already complete and worthy but we cannot know it and experience it, until we give it away! Only giving allows us to know what we are and what we have within. Ask the question – how can I serve? The intention to serve will point you towards what you need to give. If the intention is real it also generates the will. The most successful people in life are not go getters, but go givers!

The Role Of My Intentions In Shaping My Future

The word *karma* has been given many negative meanings. In common language, most people almost always relate it to suffering, but the simplest meaning of *karma* is action. Newton's Third Law of Physics (every action has an equal and opposite reaction) is a physical law of motion. The Law of Karma is the metaphysical (non-physical) equivalent of the Newton's Third Law - it refers to action and its result (fruit) or, simply, cause and effect. **The quality of my actions, thoughts more specifically determines my personal level of happiness.** Our natures today are the result of everything we have thought; they are formed by our thoughts. **It's not so much the act that determines the return or fruit but the quality of the motive or intention behind it** e.g. in the simple task of buying a new car, the intention can be different in the case of three different people:

- I need to buy a good car; it's an urgent need of my family (concern).
 - What if I am not able to buy that car model which my wife so badly wants (worry)?
 - With me at the wheel of the brand new car, which I will be buying soon, I will be the talk of the town, my office colleagues will really be jealous of me (ego)!
- Although the action is the same in each case, each of these attitudes will lead to a different result. This role of intentions become clear when analyzing the difference in guilt between an army officer who kills another while protecting his country and another person who plans for months to commit a murder out of personal enmity and hatred. The *karma* of taking the life of someone is the same in both cases, but the return or fruit of the *karma* depends on the intention.

The importance of work is by its quality and not by its quantity.

When I want to work well I think of putting in a lot of effort in terms of quantity. I try and fit in as much as possible in one day, yet I do not find as much satisfaction as I should by the end of the day. I need to concentrate more on the quality of work I do rather than thinking about how much I do. Each action of mine should be with a value and should never be just ordinary. When I concentrate on this, I can contribute for quality work.

Message for the day

To be special is to do ordinary things in a special way.

Thought to Ponder: If I want to be special, I don't really have to do something special and spectacular. Probably, the opportunities for doing such things are also very rare. But we surely have plenty of opportunity to do each and everything in a special way. That means, I value the contribution I make and I value the action itself.

Point to Practice: Today I will bring specialty to my actions. Before I start any action, I will remind myself of the contribution I have to make and also understand the significance of the task itself. I will then start the action. This will bring specialty to all I do.