

Today's Thoughts: May 25, 2020: Give Time



Spring in Holland

Give Time

Whatever or whoever you give time to, you give your attention to. Whatever gets your attention gets your energy. Whatever gets your energy must grow. So what will you give your time to today - who will get your attention? What or who needs your attention? Is it a task, a process or a relationship? Or are you waiting for these things to give you time and attention? How long have you been waiting? Why are you waiting? Are you a leader or a follower, a master or a slave? Mmmm...all questions today!

Reliving The Memories Of The Past (Part 2)

When advised by a spiritual teacher whom you might encounter (as spiritualism makes its inroads at a very fast pace into the mainstream of society) that remaining in the present is the ideal way of living, some might suggest to the spiritual wisdom carrying teacher that perhaps it is easy for you'll since you'll have the company of the Supreme Being and meditation is a practice which you'll have been doing since a very long period of time, even in some cases since early years. But how do we, as corporate professionals and housewives, live a life without the past influencing our present life situations and our perceptions or our way of looking at the same.

Also, some people say its fine not to think about the failures of the past but it is unrealistic to not ponder about past successes, because they are positive events and attainments. Some people are so tied up with past success stories of their lives and are so attached to it that it slowly takes the form of a type of ego which then starts reflecting negatively in their present behaviour and relationships. Suppose, I have been very good at my studies and I was one of the best in school and college, in excelling in my education. So, do I forget that or remember it because doing that gives me joy? When a joy out of a positive past event exceeds the sphere of necessary feelings and enters the sphere of unnecessary and waste feelings, the joy turns into a negative emotion of impure pride or ego after violating the limits of pure pride or self-esteem. Speaking about past successes to each one we meet can easily be seen by others as an exaggeration or unnecessary utterance and some people don't prefer listening to success events of others beyond a certain point as it's very clear in these cases that the other person does not have an intention of informing only. Ask any person off-handedly about how they felt after having listened to others' success stories repeatedly and they will give you a frank opinion that it was more of a boast. People will always like people who are authoritative in mentioning their successes but at the same time they are humble and remain incognito in not mentioning them repeatedly. That is for speaking about past events of a positive nature. The same applies to thinking about them.

(To be continued tomorrow ...)

Say Goodbye to the Past

The most powerful anchor on our potential to soar high in life is the past. The past contains the dead weight of experience, learned beliefs and all our mistakes. Life cannot truly begin until we are able to say goodbye to the legacies of yesterday at will. Like a filing cabinet, the past is a resource of information for learning, but it is not a place to live. When you go to work do you spend your day in the filing cabinet? How often will you/did you live in the past today? Say goodbye and make it final. Saying farewell to yesterday, last month and last year is the sign of a person who wants to live for today and is truly alive to all the possibilities of 'the moment', while fully aware that all they think, say and do right now, creates tomorrow.

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Message for the day

To understand the significance of the role that I have to play is to make it special.

Expression: When I compare myself with others, I either feel superior or inferior to them. There is also a chance that I feel jealous. This negativity doesn't help me do the best in what I have to do. In fact, it is true that each and every actor has a special part to play and so do I. When I remember the special role that I have to play in my life and understand its significance, I will be able to give my best to it.

Experience: Today I will remember that I am the hero actor in this drama of life. Each and everything that happens to me has a meaning and is making me better in this role. I have to excel in this role that I am playing at present. I will then be able to be free from wasteful comparisons.