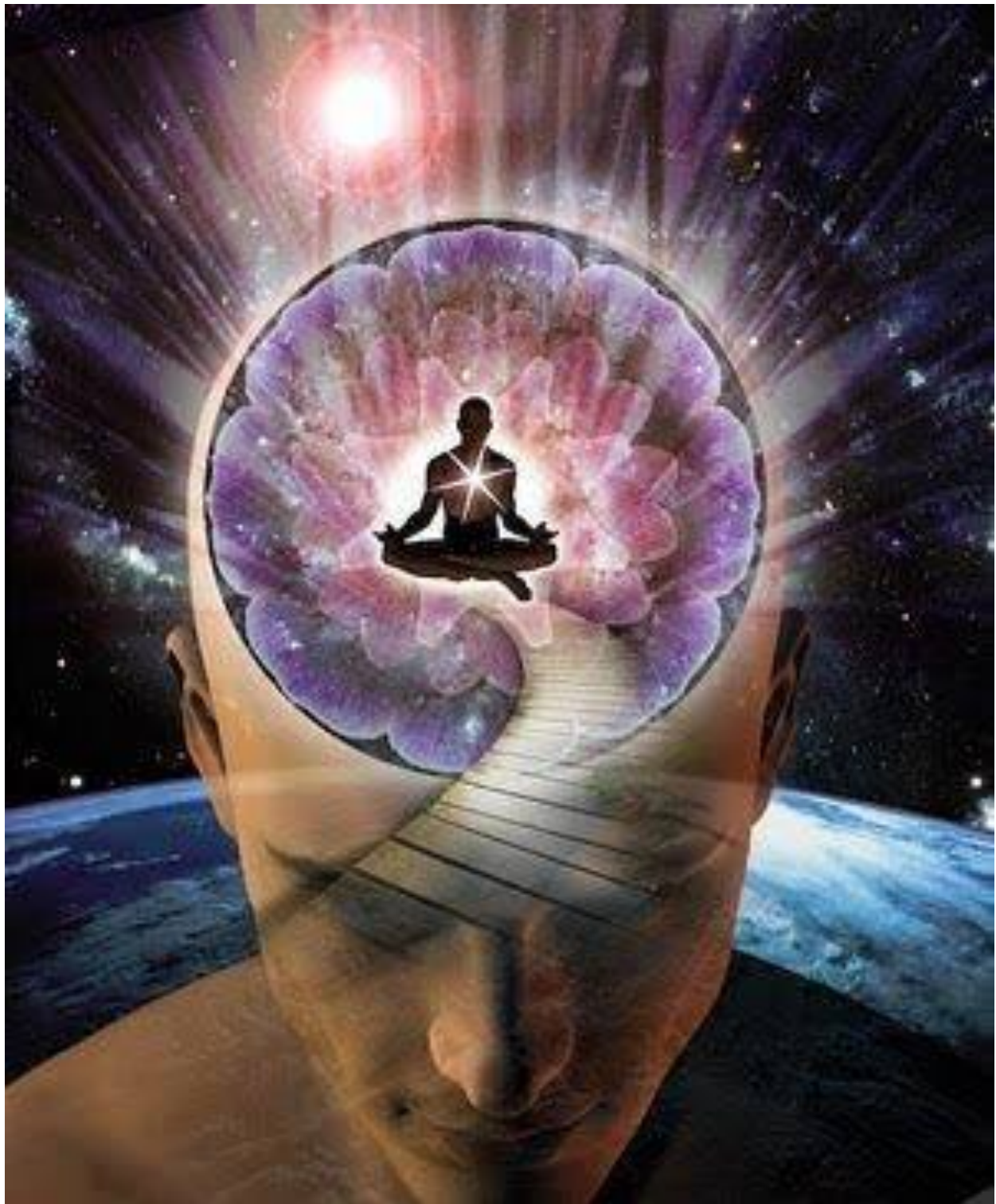


Today's Thoughts: May 11, 2020: Free Mind



## Free Mind

A free mind is a mind that is open to everything and attached to nothing. Most people spend much of their time looking for reasons to be offended. An open mind is never offended because it is free of any attachments. It is never the self that is offended but always the illusion that the self has of itself that is affected by insult! If you can really understand this, deeply grasp it's truth, live it each day, then pain will be no more. Next time you 'feel' offended look closely within yourself at yourself and ask yourself what was offended? If you remain aware you will see that it was only an image of yourself which you had become attached to, and that image did not resonate with the image contained in the insult. If you weren't attached, if you didn't identify with the wrong image of yourself then there would be no offense taken. You would then remain free and therefore happy.

## **Experiencing Spiritual Growth Through Group Interactions** **(Part 2)**

**If you are living in isolation you don't become aware of the dimensions of your ego and, therefore, you cannot overcome it.**

Also, the beauty of group interactions or being a part of a spiritual community or any other group, is that in groups, various powers like the power to:

- adapt and mould oneself with people of different personality traits and as different situations in the group demand;
- tolerate;
- face negative situations in interactions;
- forgive and forget;
- become a detached observer of situations and people's actions, not to get over involved, in order to maintain one's stability and calmness;
- co-operate;
- communicate;
- see and absorb only specialties of each one (in-spite of obvious weaknesses being visible) and spreading the specialties (not weaknesses) to the others in the group, by way of praising and not criticizing them;
- listen, understand and empathize;
- discriminate and judge different situations and people;
- go into inner silence, whenever required, amidst the actions and interactions of group activity;
- show respect to each one and remain in self-respect;
- remain content or satisfied and make the others content; etc.

are absolutely necessary to experience success in the groups, either within the relationships with others or even with the self. There is a difference between experiencing success with the self while staying alone and within a group. By bringing the above powers into practice in a group, they increase further inside us. This does not happen in isolation, or if it does, then the extent is quite limited. So basically, being a part of a group, brings about greater spiritual growth and empowerment.

## **The soul has five primary qualities:**

We could say they are the primary colours of humanity with which we paint the picture of our lives. They are:

### **Peace**

This is the original quality of the soul. Peace is serenity, the personal inner state of non-violence. In this state of peace, I harmonize with everything and everyone around me. The word 'shanti' means peace, and it is this thought (or word) we use as the key step in meditation.

### **Purity**

A state of honesty and cleanliness where I am the same inside and outside, not deceiving either myself, or others. Consequently, there is no room for artificiality. Purity is the state of original truth where no violence is committed against others, nor can violence be committed against me. When the self is in its original purity, others cannot damage or destroy it, even if they try, because there is a natural aura of protection that acts as an invisible barrier. When I achieve this level of purity, it means I respect all things.

### **Love**

Perhaps the most difficult original quality to achieve because it has become so mixed up with attachment, possessiveness and dependence, deeply ingrained habits that have become accepted as normal. As a result, the human being finds it difficult to realize the true form of pure love, which is unconditional. The quality of love means "I care", "I share" and, in particular, "I liberate". True spiritual love never creates that need, or dependence, where others cannot find, or be, themselves.

(..continued)

## Message for the day

**The method to finish waste thoughts is to deal with the mind with love.**

**Expression:** When there are waste thoughts in the mind which one tries to stop, it becomes difficult to do that. There is discomfort and difficulty experienced. On the other hand, when the mind is taught to take the right direction with love, there is a quick and dramatic change.

**Experience:** When I learn the art of speaking to my mind with love, I am able to free myself from waste thoughts without any feelings of suppression. Concentration too becomes easy and all thoughts are directed towards the right direction.