

Today's Thoughts: July 07, 2020: Determination and Patience



Determination and Patience

Determination is the strength that will enable you to pass the barrier of useless thoughts in order to create positive thoughts and to be successful in whatever you wish. It comes from within and its partner is patience. Patience teaches you not to push but rather to wait and appreciate the game of life instead, knowing that nothing remains the same, and everything will change at some point.

Innate (Basic) And Acquired Value

Everything we see has what can be called its **acquired value** and its **innate or basic value**. **The acquired value is that which it has picked up by coming into contact with external objects throughout its existence or life. The innate value is what it always is irrespective of its external interactions.** For example, the acquired value of gold changes with the fluctuations of its price in the market. Its innate or real value is that it's one of the most beautiful metals; very ductile, malleable, etc.

If we were asked about the qualities of any good, peaceful relationship with someone, we would quickly reply: love, trust, patience, respect, honesty, sincerity, tolerance, humility, sympathy, etc. How do we know this? Is it purely from experience? Can we remember having really experienced any of these qualities in any relationship completely and constantly? Probably no. Then how can we say it is from experience? In such a case, where does this urge for rightness come from? Our heart tells us it comes from a basic, inherent sense of what is true and good, of our innate value. Though these qualities are what we see as our ideal qualities; when I am in a weakened state, I'm unable to bring them into practice, when I want, according to the needs of the moment. They need to be strengthened inside. One of the most immediate benefits of the practice of meditation then, is to bring about this internal strengthening. My basic qualities are just waiting for a chance to emerge out in the open. **Like a light bulb without current, possibility of lighting up my qualities exists, but they need to be connected to a source of power, which is exactly what meditation gives us.**

Be a Role Model

Work is only work if you prefer to be somewhere else. Work tends to be a negative perception of a task which we reluctantly approach. Work is only labour when we forget to see our life as it truly is - an opportunity to be creative, enrich others and be enriched ourselves. When we are able to see work in this way, we find something called enthusiasm inside. When we are enthusiastic we work well and we are valued. We are used as a role model. When we work well it is much easier to say no when we need to, for we know our own value, and we are not dependent on others' approval to feel good about ourselves. When we put love and enthusiasm into what we do, it rebounds in the form of opportunities and blessings, two of the most important ingredients of a truly wealthy life.

Message for the day

To be careless means to misuse specialties.

Expression: To be careless means that there is no awareness of one's specialties and so there is the inability to use them for the benefit of the self and for the good of others. On the other hand there is also a tendency to become overconfident because of these specialties and not to work on self-transformation. The one who is careless is not able to recognize the need for self-change and so is not able to bring about transformation.

Experience: When I am able to be free from carelessness, I am able to understand the importance of the specialties that I have , and am able to use a particular specialty that I have , and am able to put them into use. So I find that the more I am able to use a particular specialty that I have, the more I am able to bring out and use the latent specialties that are within me. So I am able to experience quick transformation and constant progress.