

Today's Thoughts: September 30, 2020: Unity



Unity

Unity is harmony within and amongst people. It is built with a shared vision for the good of all and a common goal. Unity is appreciating the value of each person and their unique contribution. When there is willingness to accommodate others, unity blossoms.

False Attachments

Are you aware that whenever you lose your true self-awareness (soul-consciousness), you will identify with and get attached to something that is not you? It could be another person, your work, or some material possession. Let's say you are attached to your job and one day, due to rising costs, your company decides to downsize and starts laying off thousands of its employees - all of a sudden you are asked to leave. The attachment to and identification with your position in the company, which has become a habit (*sanskara*), causes the creation of **fearful and angry thoughts** (e.g., *I'm going to lose my job* (fear related to the future) or *How dare they downsize the company and damage my position* (anger towards the company and its leadership)). **The destructive energy of these thoughts becomes emotion (energy in motion) which then invades your entire mind so you cannot have clear and calm thoughts** (the prime requirement of that moment). **It hijacks your intellect so you cannot make correct, wise decisions and choices** (also the prime requirement of that moment) for the future. Any connection you had with your inner peace is broken. All this happens because you forgot who you really are and had begun to think you are what you do. When seen from the point of view of this example it sounds ridiculous that we should identify with what we do or what we have, but this is currently how the world and its people work. So, never forget who you truly are!

Acceptance

Sometimes our perceptions can be like a stuck record.
If they're not positive we end up losing out.

If you notice yourself having a negative perception about someone or something, just say to yourself:
"Although it's not my preference, I accept".

Acceptance dissolves and releases whatever you were holding onto. It frees you up to be how you want to be and feel how you want to feel.

Message for the day

True knowledge brings humility.

Expression: True knowledge inspires and encourages one to bring about a practical change in one's life. The one with knowledge naturally imbibes it, which is also revealed in his practical life, because he is humbly willing to learn from all situations. As much as there is knowledge, so much there is divinity revealed in all words and actions.

Experience: When I am able to humbly learn from all situations. I am able to enrich my own knowledge. This knowledge further enables me to become more and more practical. So during all difficult situations, I am able to remain light and internally stable. There will be no fluctuation experienced within, whatever the challenges may be.