

Today's Thoughts: September 23, 2020: No Limits



Witnessing the Aurora Borealis and feeling the polar spirits on the summit of Durmalstinden, on the Lofoten islands, Norway. Photograph by Max Rive

No Limits

You are as large as your dreams.

Perfecting The Art Of Detached Involvement In Relationships

Perfecting the art of *detachment involvement* is a necessity if we are to meditate successfully. But a newcomer to meditation might wonder how can we become detached? Don't we have to run our homes and offices and interact with people even if we are practicing meditation? Then does detachment not mean that we are withdrawing from our relationships and becoming *cold*?

In almost all spiritual paths right through the passage of time a lot of significance has been given to the practice of detachment. This is simply because one of the deepest habits all souls have developed in the cycle of birth and rebirth is attachment and we don't realize that whatever we become attached to becomes a trap for our consciousness, for the self, which causes the creation of fear inside us.

So then how do we know that we are attached to someone or something? **We know that we are attached when we start thinking about someone or something when they are not present with us and when there is no need to think about them.** Sometimes realizing and sometimes without us realizing consciously at that time, our mental energy is being drained and we do not have control over our thoughts and feelings. Whenever we become attached to anything, we automatically invite fear to be present, whether it is to people, objects, position, power, money or even an opinion. Any form of attachment means there will be a fear of damage or loss. Fear then takes many forms like worry, anxiety and stress as it hinders our spiritual growth. Where there is fear, love cannot exist. **Detachment is the foundation if we are to remain positive, fearless and loving towards others while interacting with them. This is known as *detached involvement*.**

Shhh! Make today a quiet day.

There's no need to retreat from the world. Carry on with your schedule as planned, just practice being quieter than normal. There's no need to stop talking, just talk less.

By being quiet in your mind as well as in your interactions, you might just find yourself observing and accomplishing more. Being quiet might even fuel your creativity and clarity.

If you enjoy your quiet day, then maybe practice 'a quiet day' weekly or monthly.

Message for the day

The biggest service is to rectify that which has gone wrong.

Thought to Ponder: When we see that something goes wrong, instead of getting affected with it, we need to find a way to make the situation better. If we are affected and colored by the negativity, we can do nothing to change it. But if we watch with detachment, we will be able to get the right solution for the problem at hand. In this way, we can help the other person to make the situation better.

Point to Practice: Today I will see every scene that comes my way with detachment. Even if something goes wrong, I will make sure I will first check my state of mind if I am able to remain unaffected. I will then find the best possible solution for it.