

Today's Thoughts: October 28, 2020: Patience



Mumbai Traffic

Patience

Patience is a virtue and a power too. Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time. Patience teaches us not to rush. Knowing that there is a reason and a season for everything it enables us to smile at the challenges, realizing that there is an answer to every problem. And, even though we cannot see it, yet there is awareness that within every crisis lies an opportunity.

Reaching The Destination Of Peace On Time (Part 2)

In yesterday's message, we had mentioned the main type of distractions that you might face in your journey to the destination of peace. The secret of not getting affected by each of these distractions is very simple – **do not interact with any of them on a subtle level by giving them your mental energy of attention, but avoid them, detach yourself from them, just observe them and let them go**, remaining completely focused on reaching your destination.

Imagine you are driving to your office on the highway and you are very late. There are a large number of different vehicles which you pass, either traveling in the same direction as you are or coming at you from the opposite side. You are even familiar with a lot of these people sitting inside these vehicles, because you see them every day, but you don't even spare a second to glance at them because if you did you would lose your focus and be delayed, you would fail to reach your destination, your office in this case, on time. Meditation is exactly like this. Just as you cannot empty the highway full of vehicles, because you are in a hurry to reach office, **you cannot empty the highway of your consciousness of all thoughts, emotions, beliefs, worries, opinions, desires, and memories etc. some of which are even very familiar to you, just because you want to get to the destination of your inner peace.** Let all of these, like the vehicles, come and go, but all you have to do is avoid them and focus on reaching your destination on time. It's as if, by the way you are driving, your body language, in this case the subtle energy of your determined thought, word has spread through the highway of your consciousness that you will not be sparing a second to even glance at any one of these on your way. If with a momentary loss of self-awareness, you do start giving attention to them, and you get lost in one of them, remind yourself subconsciously, *I am on my way back to the destination of peace, peace that I am.* This will help you regain your focus and before you know it, you will realize you have arrived; you will experience your destination i.e. the peace within, and will completely believe that you are that. And it will be the most blissful experience that you have felt in a very long time.

Identifying Pain

Some people don't know how to identify pain. They have been in pain for so long they have come to think of it as normal, even beneficial. Some even become addicted to their pain.

All these emotions (anger, irritation, frustration, rage, anxiety, tension, fear, terror, sadness, depression, hopelessness, powerlessness, worry) are different forms of pain, and each one is telling us there is something we need to learn in order to make changes in the way we create our life experiences.

Our belief systems have taught us that they are a natural part of life, but they are not. They require healing. We also need to know how not to create them in the first place.

Message for the day

Let there be a positive record of always talking with regard.

Contemplation: When I have regard for others, there are good wishes expressed through my words. Such words are totally free from the slightest bit of negativity and bring a very positive result. When words are positive, they are few but essenceful. So they have a lot of impact on others.

Application: When I have regard for others, I will be able to keep myself free from negative and waste words. So I'll naturally find every word of mine being used in a positive and powerful way. So I find only accumulation and no waste through my words. My energy is saved and others too would have only good wishes for me.