

Today's Thoughts: November 25, 2020: Everything's Fine



Hamilton: An American Musical about the life of American Founding Father Alexander Hamilton

Everything's Fine

To a truly contented and enlightened soul everything in the world, which means the way the world is right now, is just fine. To the unenlightened and discontented soul this will sound like a massive avoidance. But think about it. Does the masterful actor go to the theatre for their evening performance, and on entering the stage start shifting the backdrop, altering the scenery and moving the props around? Of course not, they are totally concentrated on the role they need to create and play to the best of their ability. And so it is with the world. The backdrop to our life is the way things are at this moment in time. The props are exactly where they are meant to be at this moment in time. Many people spend their whole lives trying to change the backdrop and move the props around, little realizing the futility of the exercise. Yes they may succeed in altering an angle here, a minute part of the picture there. But all at the cost of the focus and the energy needed to put on their best performance. Little did they realize that if they had fully focused on their performance and achieved their own highest standards of excellence, not only would those around them be immensely enriched, but the backdrop and the props of their life would have changed automatically, as the invitations roll in to perform their life elsewhere. Excellence is a much more powerful influence in the world than discontent. So everything is fine out there. No one said it's perfect. But it is exactly the way it should be ...at this moment. So here is the paradox of effective change - if you want to influence change for the better, then the most effective way to begin is with contentment with the way things are. The way things are, are the way things are meant to be!

Resolving The Inner Identity Crisis (Part 1)

At the present moment in human history, almost every individual has lost the awareness of its real or true self. This has happened very gradually as each individual has progressed in its journey of birth-rebirth and has kept on attaching itself to various different things and as a result losing its sense of self in things that it is not i.e. identifying with things that it is not. In a way it can be said that this took the self far away from itself. **This personal, internal identity crisis has led to a universal, external identity crisis, which has resulted in an emotional crisis resulting in peacelessness and sorrow in our inner world as well as in the outer world.**

This inner identity crisis is the root cause of the multitude of deformed emotions that exist inside us like anger, ego, lust, fear, comparison with others, greed, hatred, low self-esteem, dependencies etc. all of which have brought us and keep on bringing us pain. We explain this with an example – suppose you have just constructed a new apartment. While making it and once its ready and you are using it, you have become excessively attached to it i.e. you have started identifying with it. Due to this false identification, the first emotion that gets created inside you is ego. If someone were to criticize the apartment even slightly, you would react immediately with anger. You constantly fear any sort of harm to the apartment. You even compare it with apartments that others possess. You also start looking down at people whose apartment is not as good as yours i.e. you create emotions of hatred for them. If something negative were to happen it, it affects your mental state immediately i.e. your happiness has become dependent on the material possession. Your temporary success along with the recognition that it brings you from others leads to the desire of more success of a similar type i.e. possess some more things - bigger and better, which is nothing but greed etc. The seed of all these incorrect emotions is my over-identification with this newly acquired possession. All of these wouldn't exist inside me, if my relationship with was one of detachment with it. In this way, we identify with various objects and people in the whole day, which leads to the creation of such emotions inside us.

(To be continued tomorrow ...)

Be Cool!

Become a goddess of coolness and make all your physical senses cool and peaceful. Those who are masters of the self cannot be deceived by any of their physical senses.

A goddess of coolness can never get angry. Some say that they don't have anger, but that they do have to have a little bossiness.

However, even bossiness is a trace of anger. So, you are gods and goddesses of coolness, therefore traits of anger or bossiness cannot emerge even in your dreams.

Message for the day

It is on the basis of actions that praise is received.

Expression: The one who only talks but is not able to put his talk into practice does not become worthy of praise. On the other hand, the one who is able to bring his good thoughts and words into action becomes worthy of praise. Such a person's actions become inspirational for others and encourage them to follow him.

Experience: When I am able to act according to my thoughts and words, I am able to take inspiration to do more. For every positive action that I do, I experience support and good wishes from others which encourage me constantly. My account of positivity is always full and it takes me further to a cycle of positivity making it a habit. So I find that I don't have to work hard for performing positive actions.