

Today's Thoughts: December 07, 2020: Letting Go and Restoring Inner Peace



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Letting Go and Restoring Inner Peace

To let go means putting a full stop to all the mental activity with one simple thought: 'I am a being of peace'.

Thought creates consciousness, so if we repeat this phrase slowly and attentively, our thoughts and emotions stop expanding and inner peace is restored. The essence of our being is peace - complete freedom from overload.

To return to this essential peace means observing the mind's antics and deciding to put a full stop on them now; no lingering. Of course, the mind does not listen at first. We have to gently and firmly repeat the direction 'stop'. If we do not, those wasteful thoughts will continue to take away our peace.

Injustices And Suffering In The World – Applying The Law of Karma (Part 1)

We are presently living in a closely connected world where everyone knows what everyone else is doing, as they are doing it. Each day brings scenes and images, through the media, in front of us, of many apparent injustices and suffering of individuals or groups of individuals. Whether it's in the office, or in the market or on the television news, we hear and see reports of people suffering tremendous pain and sorrow at the hands of others. At these moments, our sense of injustice is stimulated and it becomes easy to rise in outrage against the sinners. In the process we ourselves suffer from our own self-created anger and perhaps hate. This process then becomes a habit and an inner pattern we begin to repeat, not only when we encounter scenes of global peacelessness, but the moment someone in the family or at office does something similar. A panic button is pressed and we react with the same pattern.

What we forget in both global and local contexts, is the **history and geography of karma**. Every scene and situation has a variety of related causes in both time (history) and space (geography) e.g. emotions of hatred and revenge amongst various countries and religions (in different parts of the world) and the actions connected with these emotions has underlying hidden causes, related to the Law of Karma (Law of Cause and Effect) which go back sometimes to hundreds of years – X is doing something with Y because Y had done something similar with X sometime in the past, **but in different physical costumes**, sometimes quite some time back in history – this is the reason, we often fail to take these causes into consideration when viewing these negative scenes and situations, because we see the situations with a limited perspective of present physical costumes and circumstances.

(To be continued tomorrow ...)

Have you noticed the connection between the mind and the body?

Think anxious thoughts and your muscles tense up.

Worrying thoughts affect your digestion.

Angry thoughts increase your blood pressure.

Stress triggers headaches.

Notice the mind-body connection and think positively for better health.

You can't necessarily think your way to better health, but your thoughts can make a difference.

Message for the day

A pure state of mind brings tirelessness.

Thought to Ponder: A pure state of mind means being positive in spite of the situations. When the mind is clean and pure, there is energy in the mind and so the body too. Even there is exertion in the body, the power of the mind can recharge the body. On the other hand, negative thoughts drain us of energy and enthusiasm.

Point to Practice: Today I will keep my mind clean. I will not let any negative thought creep in. I will focus on what is positive. Even if I am exhausted physically, I will take some time off to make my mind positive, peaceful and powerful. This will help me rejuvenate and re-energize.