

Today's Thoughts: December 28, 2020: Harmony



Harmony

I need to recognize that like musical notes we are all different. Only when I am able to harmonize with others can i create a beautiful tune. When I work with other people, I learn to understand them. In the process, I will also learn more about myself and how to use my strengths to support others.

The Power Of Concentrated Thought (Part 3)

Yesterday we had discussed external influences. Some of the internal influences or voices include the influence or voice of:

- selfish or impure desires of name, fame, revenge, greed, remaining in control of a situation or a person or dominating a situation or a person;
 - the ego;
 - the past;
 - our inner conscience;
 - pure desires;
 - the Supreme Being or God;
 - our worries of the present or of the future;
 - temporary negative *sanskars* or personality traits;
 - original or inherent positive *sanskars* or personality traits;
 - attachments to people, situations, material objects, etc.;
 - jealousy or dislike for a particular person, etc.

- We are exposed to some or all these influences, whether external or internal, all the time. **If we are not strong, our mind weakens under so many influences, which as a result, becomes unclear, confused and unfocused. Because of all of this, on the one hand, we need to have good judgment power to remain connected to what is essential, important and true, and on the other hand, you have to strengthen your thought, that is, think less; think more slowly; more concentrated and clearly with focus, a sense of purpose and positivity.** That thought is like an arrow; it has positive force and clarity and it always bears powerful fruit. This kind of thought is called concentrated thought. The practice of introversion or meditation for a minute or few minutes at regular intervals during the day helps us remain above all influences and constantly feeds our mind with the power of silence, which helps us remain in this experience of concentrated thought easily.

What's your superpower?

We all have a superpower. A special ability, gift, talent that we're good at and enjoy, that makes us stand out and also serves others. Maybe it's our mathematical brains, our ability to make people laugh....

If you're finding it impossible to access your superpower, maybe it's because you've forgotten that you are a superhero. Simply remember who you are, what you have to offer to the world and how to use your superpower.

Message for the day

To experience the joy of doing is to bring beauty to actions.

Though to Ponder: What I do is not as important as the experience I have while doing it. I need to work on subtracting any negative experiences while doing actions. Every action is an opportunity to experience some beautiful quality. Without that experience, the action is meaningless and purposeless. So, we might have achieved a lot of things during the day, but will only end up being dissatisfied by the end of the day.

Point to Practice: Today I will do something that I have always enjoyed doing as a child. Things in themselves are not as important as the experience while doing them. So, I will spend some time in doing something I have always enjoyed to do. Also, during what I do during the day, I will have attention to do it with joy.