



Introversion

The ability to enjoy one's own company is one of the greatest gifts life has to offer. Learning to turn my thoughts away from all my responsibilities at the day's end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Gently, I calm down chaotic situations and offer solace to troubled minds.

Giving Good Wishes

Through our thoughts we are either gaining power or losing it. Positive thoughts generate power, negative ones waste it. Like sunlight, benevolence can filter into the quiet corners of panic in another person's mind and lighten the burden. Giving good wishes to people can produce a positive outcome from even the most negative situation.

Various Synonyms (Meanings) Of Peace

Peace has a number of synonyms, which all have slightly different shades of meaning:

Serenity

The feeling of contentment and being completely full with no need for further additions to the self; a feeling of satisfaction, of wholeness of the self.

Calmness

There are no disturbances or waves in the mind, like a pool of water that is clear and still with not even a ripple to disturb it.

Tranquility

Tranquility is the state of harmony in nature and in ourselves that keeps everything in balance naturally.

Quietness

In this state, there are no sounds of uncontrolled thoughts jumping around in the mind; our thoughts become essenceful, returning to the point, with no expansion; it is an economy of thinking that creates quietness.

Stillness

There is no movement of thoughts. I remain absorbed in one thought and, in the stillness of silence, I am at rest, with a feeling of complete detachment from everything.

Peace has the meaning of harmony, balance, order and freedom: when we are free from waste and negativity, then we exist fully serene, fully at peace with everything.

Peace is my original energy and treasure and with the practice of meditation I step inside and experience it.

Soul Sustenance

Checking Myself On The Stage Of Action

Once we become aware of the possible types of thoughts that the mind creates at different times in the span of a particular day, then we are in a position to keep a check on our thoughts and understand where our energy is being wasted. Once we realize that there are patterns of waste and negative thinking at some times during the day, which are usually triggered by certain situations or people, we can apply a brake on the pattern of habitual negative thinking, thereby transforming this energy wastage into something more positive.

It does happen, that when we are informed about the benefits of meditation for the first time, perhaps in a course or a presentation either in the office, in a center of a spiritual organization or elsewhere; we realize the need for the same but we also feel that, in order to get the house of our minds in order, we need to leave our busy city lifestyles behind and head for the hills. There, we think, we will find the time and the physical and spiritual environment to practice meditation and get our mental state in order, but this is absolutely untrue. While going on an occasional spiritual retreat is certainly useful and recommended for the development of the spiritual self, the real workshop is life itself. **Even if I am able to maintain a positive and powerful state of mind in a retreat, it is in our daily actions and relationships with others where the challenge lies, it is on the stage of action or 'karma kshetra' that we have to check whether we can remain soul-conscious** i.e. in the awareness of our spiritual identity. It is here where we have to see whether we can apply the brakes on patterns of negative thinking, establish and maintain patterns of positive thinking and test whether we have reached the stage where, no person or situation, however negative, can disturb our state of mind.

Message for the day

Perfection comes to the one who is open to learning.

Projection: When we realize having made a mistake, we usually have negative thoughts about ourselves. This is because we expect the best out of ourselves, i.e., we expect ourselves to be perfect in everything we do. But this expectation prevents us from taking naturally the learning from the situation.

Solution: We need to realize that perfection does not come by thinking about it but by being busy in whatever we are doing. With every action of ours comes learning and this automatically brings perfection.