

Today's Thoughts: October 25, 2020: Exploring Silence



## Exploring Silence

Human beings often think about things that don't concern them and about other people. When you think a lot you will use the word 'why'. To become silent means to emerge wisdom from within. To move into dead silence means to go beyond the consciousness of the physical body. This is a very wonderful experience for the soul; it empowers and refreshes the soul.

## The Pledge Of Responsibility

A very important aspect of progress in the self and my relationships, which we all desire is restoring a sense of responsibility in my inner world, so that by doing that, I and others around me are benefitted. Even on a physical or non-spiritual level, someone who is responsible while playing his/her role or performing his/her duties either in the family, at the workplace or in some other setting e.g. a club group or a team in a particular sport or a social service group, not only feels content with his/her actions himself/herself but spreads ripples of contentment to others and receives similar energy from each one he/she is involved with. In the same way on an emotional or spiritual level, when I start my day I need to remind myself of my responsibility towards myself. **I need to remind myself that I am responsible for the choices I make in my life which influence and color everyone around me. So do my thoughts, feelings, the way my personality functions internally and externally the whole day and my responses to people and situations, for all of which I am responsible.**

It is like taking a **pledge of responsibility** with the self in the morning that today I will not create a single thought, word or action which is against the texture of my innate, positive nature i.e. irresponsible. And what will provide my pledge the much required strength of determination? An injection of positive thoughts, emotions and sanskaras within me in the morning, using a suitable technique of self empowerment like meditation or spiritual study or some other. **By taking such a pledge of responsibility and by watering it with the energy of my attention from time to time during the day, I am able to implement it and can make a difference to not only the people around me, but to a lot more than that.** In this way, as I change, the world around me changes, because the energy I create in my inner world starts flowing into my circumstances, my interactions, my sphere of karmas, etc. to make them positive, which benefits me in return in the form of a cyclic process. As I take this pledge and abide by it for a few days, I start realizing the immense potential that it possesses.

## Change your emphasis

When you have one of "those" days, when the pace steps up, when things get hectic, or when everything seems to go wrong.... Do you instantly declare it as a "bad day"?

Try this instead: change your attitude. Put things into perspective. Look for any silver lining.

Maybe you expanded your own boundaries or discovered that you can get more done in less time.

Change your emphasis and you change the impact of the day and how you feel.

## Message for the day

**A true diamond reveals its sparkle wherever it is.**

**Expression:** Sometimes, we tend to get affected by the negativity of the situation. We then lose touch with our inner qualities. But reminding myself that I am like a true diamond keeps me free from negative influences. I then continue to sparkle with my inner qualities wherever I am. I can thus help get in touch with their qualities too.

**Experience:** Today I will smile at myself and be proud of what I am. I will remind myself that I am the true diamond that can never lose the sparkle of my inner qualities and happiness where ever I am. This practice will help me be prepared to deal with the variety of situations that life brings my way.