

Today's Thoughts: January 14, 2021: *Seeing Things Truly*



Seeing Things Truly

We tend to see things not as they are, but as we are. Becoming quiet and simple inside is the first step towards seeing things truly.

Unloading Your Pressure Baggage (Part 2)

Can we experience freedom only when there is an absence of outside pressure? We feel pressured from many sides. At work, we feel the pressure to do tasks as per fixed guidelines of set systems and within boundaries of time, of keeping up our performance as per others' expectations and as good as our compatriots. In relationships, we feel the pressure of experiencing success in them, of satisfying others and gaining respect from them. In studies, we feel the pressure of having to excel in them, not only because that is instrumental in building our future but because of the desire to be seen in a positive light by others. We feel the pressure of having to earn more and more wealth to satisfy the necessities, comforts and luxuries of the family and to maintain a certain image in society. In the face of problems, we feel pressure when we are not able to solve them quickly or in the way that we want. Failure or its fear, in any sphere of life, generates pressure in us. Sometimes we experience pressure because the mind is not functioning as per our desires or directions or we are not able to transform our negative personality to a positive one as much as we want. When we believe that something harmful can happen if we don't reach our set objectives on time or in a certain manner, we feel pressured. Physical illnesses or their fear can also create pressure for some of us.

And so life turns into an endless amount of pressure crests, like speed breakers that appear one after the other, unsettling us and not giving us time to relax. When we feel pressured, it seems that the life forces rule our life and we do not feel free. In the long-term, **this repetitive habit of creating feelings of pressure and carrying such baggage ends up leaving us exhausted on an emotional and spiritual level.**

(To be continued tomorrow...)

Bless and be blessed.

We are all blessed with life and all the opportunities it brings, though most of us forget to notice.

But we also have blessings to give. In fact, the opportunity to give our blessings may be the greatest blessing of all.

By bestowing our good wishes, encouraging, empowering others, we bless.

And when we do, they return a thousand-fold.

Message for the day

The true joy of living lies in the ability to enjoy the present moment.

Expression: The one who is able to remain in the present is able to learn from the past and bring out the best from the self. Also there is a clear vision of the future, so all the energies are directed towards that vision. The mind is neither totally caught up with the past nor with the future. Since there is attention on the present moment, there is the ability to use it to the fullest extent.

Experience: When I am in the present I am able to remain in the awareness of the gifts of the present. Having learnt from the past I am able to enrich myself from the different experiences that I have had. As I am also clear about where I have to go, I enjoy the journey and also move on towards constant success.