

Self-discipline

Self-discipline is the companion of will power. It endows the stamina to persevere in whatever one does. It bestows the ability to withstand hardships and difficulties, whether physical, emotional or mental. It grants the ability to reject immediate satisfaction for something better.

The human being is full of inner unconscious, or partly conscious, impulses. People sometimes say or do things they later regret saying or doing. On many occasions people do not think before they talk or act.

I'm against rejecting anything in favour of the other. I find satisfaction in the moment and do not build castles in the air about the future. The future is fiction. It becomes fact only in the present. So the self discipline I follow is to stay rooted in the present and not worry about the shadows of the past or the promises of the future.

Desiring about the future is a sure way to set yourself up for frustration and disappointment. Why be so repetitive. You have seen it happen in the past that things cannot work out like you desire.

But you go on hoping for the future while you are passing by life in the the present with closed eyes. You know nothing of the power in the present moment. You drain all your energy resisting the present moment for future gain. WHY?

Tomorrow never comes. Tomorrow is always far. It is easy to postpone your awakening to tomorrow. It is hard to be awake now. Even when tomorrow comes it is as today. who can do anything tomorrow. Every on does it in the today.

You have desired a future but you forget that in this world everything is a unity not a duality.

For example define light without bringing in darkness. It's not possible. Try. Define darkness without referring to light. Even einstien could not do it. That's because darkness and light are one unity. There is no 'and' it is darklight or lightdark it is a unity that defines itself completely.

similarly successfailure is a unity you cannot define one without the other. It means that they are one. You cannot have one without the other. But what you are taught to do is choose success and pretend that failure does not exist. This ignoring of failure creates more damage beacuse you don't expect it and you don't see it coming. You have written welcome on the mat for success but not allowed failure... it arrives through the back door!

stop the cycle of desiring. you never want what you get you want the universe of unity of opposites to behave as a world of duality for you. how absurd.

Unconscious absurdity

Don't breathe out anymore and see what happens. only breathe in. stop shitting from

today and see what happens if you only eat.

This working for tomorrow by rejecting the pleasures of the present moment is equally absurd. Become alert to the folly of it and you will know life. Forget about tomorrow. all that you desire is here right now but you can't recognise it as a unity because you are looking for the brighter half the positive half and pretending that the other half is not part of it. you are separating experiences constantly into good and bad. STOP NOW!

You can't find even an elephant if you look only for the tusks. there are no tusks without the elephant. you cant find mangoes without the tree. I have never seen mangoes hanging in space. Every last thing that you desired is before you and you can't recognise it.

WAKE UP!

Who said that you have to be unconscious. who said that 90% of your mind has to be unconscious? you can be 100% conscious the day you stop dividing and filing your experiences. Take responsibility for the whole arrival of existence in your consciousness. It is here on your demand. Be thankful not scared.

Ashwin Mohan