

How Can I Do What I Have To Do And Know I Have To Do, In A Consistent Way? How Can I Be More Disciplined?

Energising Organisations through Wholesome Leadership

Doing what I need to do and know I should do, needs a free flow of energy. It needs positive emotions and an enthusiastic responsiveness. This is like the Sun shining brightly. This natural responsiveness and enthusiastic energy gets clouded over, over shadowed by the mind. The mind basically is rooted in a false notion of who we are. It keeps us trapped in illusions and falsehoods which block the flow of pure, unhindered energy.

For example, if the natural call of life is to go for a walk, my identification with the body will make "me" want to give it some "rest" / "comfort", thereby giving rise to laziness. Similarly, if the natural here and now thing for me to do is to finish a report I am writing, my craving mind (which identifies with some limited notion of what I am), seeks to read a book or a magazine, and so takes one away from the work at hand. The "Sun" of being is Peaceful and Joyful. The shadows are uncomfortable, not at ease, agitated. Discipline, then, is being a disciple of Joy: Of your own free self ... It is awakening yourself from the illusions that find "you" down, and flying free in the full flow of your own flowering.

This is the heart of Discipline. It is being Joy, and following Joy and remaining as this Joy. Here are a few simple steps to return Home to Natural Discipline:

First, accept the situation with compassion and understanding. See the body mind go after things which it "imagines" (falsely) will give it lasting Peace/Happiness. Watch your cravings with equanimity and peace.

Remember that as a witness, you are already FREE. You are Joy. You are Pure Energy, You are Love. Look around and within and SEE what needs doing. See what Love is calling you to do.

Start the baby steps NOW! Stay in the NOW and make LOVING ACTION NOW, your clarion call to discipline.