

ABBA – A Break between activities

A man was at a party. He ate cake after cake. He complained of being so full his stomach was about to burst. He was offered another cake and he ate it. After some time, the food in his stomach began to expand and he had difficulty breathing. The doctor was called. After doing a medical examination, the doctor said, I have a cure, please take this one pill. It will make you feel better. To this the man responded: "If I had the space to swallow a pill I would have had another cake.

Is that how we live our life?

Do we eat too many sweets, watch too much TV, and play too many video games spend all our free time on social media.

Do we know when to stop and when to take breaks?

It is impossible to satisfy the craving of the senses, to fully satisfy the sense of smell, taste, sight, touch and sound.

The more they we have of something, the desire for it increases. And if we repress it completely, then the appreciation of life disappears.

So how doe we create balance? How can the senses be regulated? How do we develop the strength to regulate the appetite of the senses? How do develop the ability to have measure and to stop?

There are two things we can practice.

All action starts from Stillness, there is always a moment of non-activity before any activity is started. This first impulse arises from the force of consciousness. Referring to this moment will enrich the experience and bring measure. So pause and rest in stillness before starting an activity.

Stop before satisfying the sense to the full. For example, when eating stop just before the feeling of having enough is there.

On stopping an activity, refer back to the stillness, which is you true self. In that moment conscious satisfaction arises and the desire to repeat the experience becomes more measured.

So the challenge for this week is to develop strength and measure to control the appetite of the senses.

Start and stop activities in stillness. Stop before full satisfaction.

Do an ABBA – A Break Between Activities.

Dr. Kelly