

## **The restless worldly spirit**

Almost every one of us knows the funny story of Fidgety-Philipp from his childhood. Philipp is a lively boy who cannot sit still at the table. He sways around with his chair for so long, that at the end the whole meal falls to the floor together with the tablecloth. "... and the mother silently, watches around the whole table." (Wilhelm Busch)

At all times, people have had problems with internal unrest. From where this unrest does arise, what is its cause?

It is the restless worldly spirit in us, jumping like a monkey from tree to tree to search for food, seeking attention, recognition and ownership. His desire is to possess things in order to attain happiness and satisfaction. The spiritual man will reduce his material desires and direct his attention to the presence of God in every moment. Thus the spirit is released from bondage and will find rest.

In the Bible it reads:

*"Do not be anxious about anything, but by prayer and supplication, with Thanksgiving let all your requests be known unto God and the peace of God, which exceeds all understanding, will keep your hearts and your minds in Christ". (Phil 4)*

If a person is ready to focus his attention, thoughts and emotion directly to the divine in his heart, he will connect with God's eternal peace and love. This love will cause joy, confidence and peace, step by step, to be received within. Through love man will be filled with a fine, vibrant force that will strengthen him and restore inner peace inside of him. Peace is a State of absolute balance along with a loving, conscious turning of the mind to all creatures in God's great universe. Peace is a State of non-violence. This person will love himself and his neighbor in, both enclosed in God's infinite heart. He will reduce his material desires and bondage and will begin to change his ego-consciousness. The restless spirit will lose strength and power of resistance. God's peace and love will prevail. Joy and satisfaction in God's presence is a great gift of grace to all peaceloving seekers and quiet people.

May we recognize the purpose in our lives with the help and grace of God.  
May we attain peace and satisfaction in our lives through the joy of spirituality.

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