



Beautiful Sunset at Beach Cook Islands (South Pacific Ocean)

### **A Calm Mind**

Don't give your mind permission to get disturbed. A disturbed mind is easily influenced. This will cost you your peace. Learn to maintain your peace by freeing yourself from attachments. Competing or comparing yourself with others will not allow you to focus inwards. An inner focus allows you to keep your eye on your higher self. Remember your original nature. It allows you to forge a link with the Divine. Then it becomes easy to recognise useless thoughts and replace them with a spiritual perspective. A calm mind is not just peaceful, it is focused, self-directing and Divine.

## Purity - the Basis of Spirituality

It is impossible to attain peace and happiness without purity. Where there is purity, i.e. no trace of negativities in any form, there is the power of peace and happiness. Pure ones are always cheerful -- in fact, purity is the basis of spirituality.

### To Complement And Not To Compete (cont.)

**We all have a place within this beautiful embroidery of life; let us know it, enjoy it, express it as our right, but never overdo it because we feel our role or position is 'more advanced', or 'better' than others.** Sometimes, when there is a sense of personal or collective emptiness, there is the need to be recognized, which creates attachment to your own talents, role or virtues.

We have to learn to **complement** rather than **compete**. **Nature works on the principle of complementarity.** This can be seen with the seasons, day and night, the continual cyclical process of birth, growth, maturity, decay, death and rebirth. Even our bodies work on this principle.

Look at the face! Each face has two eyes, one nose, one mouth, two ears, all in the right position and functioning in an appropriate way. Which of these is more important? Would you say the eyes are more important, so you would prefer to have three eyes and no nose? Or would you say the nose is more important, so you would prefer to have three noses and no ears? We cannot think like this because it is absurd and illogical.

Each feature has equal value and **when we recognize the equal value of all things, then we stop being illogical - comparing, competing, feeling superior or inferior, or striving to be what we are not.**

In a society that functions, can everyone be a doctor, an engineer or a farmer? Everyone has different talents and positions because different tasks have to be fulfilled if the whole society is to run well. If we examine life carefully, we realize that the recognition of this principle of complementarity is the basis of creating a peaceful and happy coexistence, because the vision of equality respects and honors the differences.

## Soul Sustenance

### Limiting Ourselves In Comfort Zones

We are basically unlimited beings. But we limit ourselves in many comfort zones. We have a lot of conditionings which, in reality, are mental.

Some mosquitoes were put in a box and they kept jumping a lot. The box was covered from the top and each time they jumped they hit the top of the box, and when they jumped too close to the right or the left they hit the sides of the box. Slowly, to avoid harming themselves, they learned to jump just under the cover and without reaching the sides of the box. One day all the four sides of the box were opened. The mosquitoes were free, but they kept on jumping as far as the limit they had learned. The physical limits were no longer there. But they had become conditioned mentally. The same thing happens to us. We have to open the sides of the box and take off the top, or we can continue to live inside the box created by our own mind.

Given below are some conditionings under which we work, because of which we do not experience complete freedom.

- \* **Beliefs** , acquired since our childhood, which limit us.
- \* The **negative images of low self esteem** that we have created of ourselves.
- \* The damaging **thoughts of doubt**, which does not let the highway of trust to build up inside ourselves and does not allow the creative energy of positivity to flow from inside us to the outside.
- \* The **fear of failure** or not being to able to succeed completely. A lot of times the fear exists due to past experiences of failure or not having succeeded as much as you would have liked.

We need to become aware of what our pattern of thoughts is, which brings us under the negative influence of mental conditionings. When that happens, we will be able to become free of these conditionings. While we do not become aware, we will continue to remain under its influence.

## Message for the day

**The one who is detached is the one who is loving too.**

**Projection:** The lotus flower is both detached and loving. It is untouched by the dirt it is surrounded with and is beautiful and loving at the same time. In the same way, whatever the situations or the people around us, we need to be untouched by their negativity. Then we will become the ones who are loving too.

**Solution:** When we are faced with a negative situation, instead of blaming the situation, we need to work at our own inner strength. The problem could be created by someone else, but we have to make effort in bringing about the solution. Then we will be able to make things better without having negative feelings towards anyone.