



Sunset at Horseshoe Bend, Colorado River, Grand Canyon, USA

## **The Flow**

Everything that comes to us, comes to pass or, more accurately, for us to pass on. Not just the money in our pocket, but wisdom, objects, ideas, even opportunities, all come to us, so that, at the right moment, we can pass them on. This is called flow. Being in the flow means being aware that the river of life is flowing to us at every moment. Being in the flow means accepting whatever comes and putting it to good use, before passing it on. Going with the flow means allowing whatever comes to move on freely, without holding on to it in any way.

## **Overcoming The Fear Of Interaction Or Socializing**

There are various activities that you are perhaps afraid of doing, but that you know they are very useful activities to indulge in e.g. if you are afraid of socializing or interacting with people, either on a one-to-one basis or in a group. In a party or a situation where lots of people are enjoying the company of each other or in a meeting with your boss for e.g., you feel out of place and uncomfortable.

**The problem might lie in a negative image of the self or low self-esteem, lack of confidence, fear of the other's opinion about you, lack of spiritual strength, past failure in having done so, being influenced by the other person's role or position etc.** How do you overcome this fear? By interacting with more and more people. The more you interact and mix up with them and express your viewpoint fearlessly, you realize that it is not a problem. Even if you make a mistake or you feel unsure, with practice you will see that there is no problem.

**Most of our fears are overcome with the practice of doing what you are afraid of.** If you do not make a brave step forward in order to overcome the fear of expressing yourself, you will continue to be the victim of this fear. This fear is then a negative energy that paralyzes your intellect as a result of which your concentration and your decision-making power reduces. It also disorganizes your ideas, and confuses you whenever you express yourself in front of a person or people. What is more, fear produces clumsiness in your words, body movements and actions and makes you lose your image of credibility. It gives an impression of nervousness and low self-respect to the other.

You have to overcome it, and you will manage to do it with practice and by changing the vision that you have of others: they are not a threat, they are not judges who are going to pass a judgment against you, they are offering you the opportunity to express yourself. **If you value yourself, you will not be afraid of not being appreciated by them and others will finally appreciate you.** If you do not value yourself, the opposite will happen.

## Happiness

Many believe that happiness is achieved through material wealth. It is true that it gives a temporary sense of well being. A rich person is not someone who has more but someone who desires less. Happiness is the result of total appreciation of all that life gives you at every moment.

## Soul Sustenance

### A Basic Meditation For Beginners

Sit comfortably in a peaceful place which you have chosen for your meditation practice, at a fixed time or when you find the need or time to meditate...

Close your eyes and, for a minute or two, bring your body and mind from an active state to a dormant one, slow them down, by remaining still and quiet...

While keeping your eyes closed, take your attention to your feet... relax them consciously for a few moments...

Relax all your body parts consciously... do this for your legs, abdomen, etc... work slowly upwards till the entire body is relaxed...

Be aware that your whole body is now at peace in the chair and that all your attention is focused in the centre of the forehead, just above the eyebrows...

With your attention focused only on your thoughts and feelings, experience that your thoughts and feelings are like bubbles floating to the surface of your mind, now imagine that these bubbles are dissolving...

Allow quietness and peace to fill your mind – listen to the silence inside the temple of your mind...

If any thoughts come to distract you, simply let them pass through your mind...

Then return your attention to the quietness in your mind...

Create a quiet thought inside your mind "My mind is now relaxed, and I feel more peaceful", so that the subtle sensation or experience of inner pure peace sinks in...

After a few minutes, bring your awareness back to the room in the present moment.

**Tomorrow we shall explain some of the precautions one can take while doing this meditation, to make it successful.**

## Message for the day

**The more there is contentment the more there is progress.**

**Projection:** Usually contentment is associated with lack of ambition. So, we find that we think we are content when we are not having any aim in life, which, in fact, is carelessness. On the other hand, we have so many wants and desires that we are never content with what we have. Either way, we find that it is difficult to progress because of the negativity.

**Solution:** We need to be content with whatever we have or attain. That is, we need to appreciate each thing that we have in our life, big or small. Only when we are content will the mind be at peace and it is this peace that will help us to achieve what we aim for with our full potential. Thus, we experience progress.