



Incredibly beautiful natural pool in Thassos, Giola lagoon, Greece

Silence

We have to develop this hobby and practice going into the depths of silence. Practice this, make it your hobby and see how much you then enjoy it. The tiredness of the soul will then be removed. We will feel that we are able to remain carefree and restful. When the soul is tired it is restless and there is a lot of worry; we think I have to do this, that and so we cannot feel restful. All actually I have to do is to remain peaceful and there will be the feeling that everything will be ok...

The Power To Discriminate

Meditation gives me a discriminating eye - an ability to discriminate between truth and falsehood. It does this by helping me maintain a consciousness that helps me rise above competing claims to truth - the different ideologies and opinions, reasons and analyses, justifications and stories related to a situation - which can be so confusing.

The image of discrimination is the jeweler, who, with the help of his eyeglass, sorts out real diamonds from false. Meditation opens my third eye, the eye of pure consciousness. When I look at the world through this eye, truth is not just an intellectual idea, but an experience of the heart. When I think and act in ways that maintain and deepen this experience of truth, I know I am moving in the right direction.

Conversely, I discover that thoughts and behaviours that cloud or hide the experience of truth are coming from falsehood, no matter how much I or others may try to justify them. So, meditation gives me a reliable basis for discriminating the value in different courses of action: will this help me recover my truth, or take me further into falsehood? Will it maintain the flow of love, peace and happiness in my heart, or will it cause a blockage? Previously, I may have been easily swayed by other people's demands and opinions, or by illusory ways of thinking arising from my own negativity.

Like a good lawyer, the intellect is very clever at arguing its case, regardless of where the truth may lie. But, when truth is experienced in and from the heart, there is no arguing with it. Deeply experienced truth clears my mind of irrelevancies created due to possessiveness, greed, desires and ego. As I learn to create pure, positive thoughts, and connect with the divine, it is as though a flow of clear, fragrant water gradually displaces the mud and rubbish in my intellect, enabling me to see reality or truth again.

Prosperity

The presence of prosperity or lack of it in health, finances and relationships can offer signs of internal wellness, and clues about what kind of inner development needs more critical care. Understand the symbiosis between inner wellness and the different levels of prosperity in your life. Try some spiritual approaches to expanding your capacity and your awareness of abundance. Best of all, enjoy taking the reins and steering towards total prosperity - in all dimensions.

Soul Sustenance

Overcoming Fears Connected With Negative Past Experiences

Some of our fears arise due to the situations we have lived through; for example, if you are driving a car and you have an accident. Then you take some time to drive again, because the memory of the accident awakens the fear of having another one or reliving the one you had. The person that has never had a car accident gets in the car with confidence, because they do not have that scene recorded, since they haven't lived through it.

There are fears that we carry within us that are not of the present. Something happened to us in the dark and we are now afraid of the dark. Fears in relationships: you opened your heart, you fell in love and, after a time, you experienced pain, you felt hurt, misunderstood, manipulated, deceived or mistreated, and now you no longer open your heart for anything; it is closed off with the shields that you yourself have created.

To overcome this kind of fear due to experiences you have lived through, you have to come to terms with your past and accept it fully. You cannot change your past; lamenting the past doesn't help you; complaining about the past doesn't benefit you. Those shields brought about by fears do not disappear unless you do a deep cleansing. **Begin to heal your experience of the past. Part of the past is healed with forgiveness. Without forgiving, you cannot forget.**

(To be continued tomorrow ...)

Message for the day

To be free from bondage means to be able to fly.

Projection: Sometimes we find that we are not able to progress as much as we should. We also find that we are not able to be light in all circumstances. At such times we might blame the situation and just stop making effort, as we cannot see the real cause for our lack of progress.

Solution: We need to understand that the lack of progress that we are experiencing is not because of the situation itself but because of our own weakness that is like a bondage. When we recognise this fact, we will be able to know the right method to overcome our own weakness so that we will then be able to fly forward.