



The Taj Mahal, Agra, India

Be Awe – Full

Look out on life with amazement, not shock. The variety, the diversity, the manner of every person, the beauty amidst the drudgery, the contrasts, the opportunities, the heroism in the lives of ordinary people, your gifts, your talents, your friends - even just one friend - is all awesome. Live in awe, and entertain wonder, and you will be knocking on the door of true love. Don't kill it with cynicism or criticism, don't sabotage your life with moaning and complaining. Open the eyes in your head and the eye in your intellect and choose to see the stunning, awesome, diverse beauty of life happening around you right now. Meet it with your heart and you will enrich and be enriched in one single moment.

Courage

Courage is taking a step forward into an area of difficulty without a solution in mind, trusting that whatever help you need will become available.

Neutralizing Anger

What is a good neutralizer for anger? Peace you would say. It's not only peace, but a combination of **truth**, **peace** and **love**, in equal amounts. Truth and peace are the two inner states, which never ever leave us. Both remain permanently within each one of us. We already know, inside our subconscious and sometimes even consciously, the **truth** about anger and we can call our inner **peace** whenever we want - it's there to be used. But what happens in real life situations is that we lose awareness of what is true i.e. the truth that anger is harmful and the truth of 'who I am'. And we also forget the practice of peacefulness because some negative situation or experience temporarily blocks our access to the peace of our heart.

Peace is also deeply connected with love and we all have experienced many a times that it is impossible to feel loving and angry at the same time. Both cannot co-exist. In fact it is **love** that is the healing balm for our heart, that we our self have stabbed and wounded by indulging in many anger habits since we were young. But what happens is that we search for love and peace from the hearts of others. That means we have not yet realized that we already have what we search for, within our own hearts. To heal the wounds of anger, which can be in different forms like irritation, resentment, hatred, revenge, rage, etc., it is essential to rediscover the **truth** of who we are and the **peace** and **love** of what we are.

Soul Sustenance

Understanding the Mechanism of the Virtue Of Peace (Part 1)

Each and every human soul's original trait or characteristic is peace. Before each soul comes down on the earth to take its first physical body, the soul is in a state of complete peace, residing in the soul world. **In the soul world, the two faculties of the soul – the mind and intellect are complete inactive or dormant and the third faculty, the sanskara or spiritual personality is only that of eternal peace and purity and no other virtue like happiness, love or knowledge.** The mind is completely silent, not creating a single thought or emotion or feeling nor possessing an attitude. The intellect which possesses the power to discriminate right thoughts, words or actions from the wrong ones does not exercise its power because there are no thoughts, words or actions in the soul world, so there is nothing there to discriminate. The sanskaras (as mentioned above) are also inactive to a certain extent – there are no thoughts, feelings, emotions, attitudes, words or actions to be created or processed, which would be based on the sanskaras or personality.

When the soul first takes a physical body on the world stage, it creates thoughts and feelings which are few in number and they are only positive and its words and actions are also limited and completely positive. Its

discrimination power is active and completely accurate and its sanskaras or personality come into an active mode (sanskaras other than peace also become active) but only for a positive purpose to create positive thoughts, words or actions. As a result of this, the soul experiences immense peace, but the extent of the peace is lesser than that of in the soul world, where it is completely still and experiences dead silence or peace. It is never peaceless though at this stage. As the soul starts coming into the process of birth and rebirth, it starts losing its energy slowly; its mind, intellect and sanskaras start functioning negatively or incorrectly, it begins to succumb to the vices, leading to the creation of thoughts, words and actions, which are not only large in number but they are mostly waste or negative in nature. As a result, the soul gradually begins to lose its peace, which it experienced in the soul world (eternal peace) and at the start of its journey on the physical world and starts becoming peaceless.

Tomorrow we shall explain how we can return to our original state of peace.

Message for the day

The way to get blessings is to be open to learning.

Projection: We do get both negative and positive situations in our life. When we are faced with negative situations we usually expect blessings from God or someone great by which the negativity in our life will fully finish. But it doesn't usually happen so.

Solution: The method to receive blessings is to go on learning from the experiences of life. To learn means never to repeat mistakes by learning from whatever has happened. This learning acts as a lift for us, which takes us forward.