



The Cycle Ride

Tolerance

Tolerance means to bounce back even when thrown against a very hard wall. The ability to do this comes from sensing that life is a game and that all things move in cycles. What is uncomfortable now will soon change. Tolerance is like saying yes to the game and enjoying it.

Honesty:

The more honest we are in our dealings with others, the more we are trusted. Honesty is very deep. It is common for people to say one thing and feel another, which, of course is not honesty. Honesty is only possible when we check our conscience and remain true to our highest values. Making our heart honest in this way brings the blessing of being deeply trusted by others.

The Power to Co-operate

In India, there is a saying that when everyone gave a finger of co-operation, the mountain of sorrow was lifted. If we look with open eyes at the world of today, and at current social, financial and environmental trends, it's clear that there is widespread suffering and sorrow, that it is likely to get worse, and that to remove this sorrow will be a task like lifting a mountain. Meditation ignites a conviction inside us that the task will be done. Although we have such different backgrounds, cultures, personalities, and so on; meditation shapes our personalities in such a way that it becomes easy for us to share our resources, work together, and give our own finger of co-operation in the task.

The way meditation achieves this is interesting. Look at the other side - at what prevents co-operation: it is ego, where I am in a state of self-glorification, hungry for personal praise or fame, and not concerned about the wellbeing of the team. In ego, I think I am the only one who knows, the one who is right. Ego kills co-operation. Ego is closely connected to body-consciousness. An enormous 'I and my' factor comes in when I think of myself as this body, and lose sight of the soul. My race, my color, my gender, my physical appearance, my education, my family, my job, my position, my possessions - all these become part of the build-up of ego. Working with others with co-operation, who may at any moment challenge my ego with their own different agendas and needs, then becomes stressful.

(To be continued tomorrow)

Soul Sustenance

Attaining Success Using the Tool of Visualization

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success inside their minds that they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other. **Visualization helps people to have 100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success than when you make the efforts without believing in what you are doing and without visualizing yourself as achieving your objectives.**

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. **You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed.** You see yourself already transformed e.g. you say "I **am** a soul full of all powers" and **not** "I **am going to** or **am trying to** fill myself with all powers ". The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best.

Message for the day

To see ourselves in the mirror of knowledge is to bring progress in ourselves.

Projection: The usual way of looking at ourselves when things don't go right with us is to either look at ourselves with self-pity or to point out others' mistakes. When we do this we lose the opportunity of learning from whatever has happened and so there is no progress.

Solution: The ideal way of looking at ourselves when things go wrong is to look with a knowledgeable eye and see what we can improve in ourselves. We only have to look and we are sure to find something that we can work on and improve. This brings about real progress in us.