



Lenticular Clouds over Mount Fuji

## **Determination**

Determination is when the quality of mind can remain still and uninterrupted by the bumps of life.

## **Time**

If we think of time as a gift, we know it is precious, we know it is powerful - but perhaps we think we have been given only a limited fragment. Each life limited to a number of days, priceless, but finite. A greatest gift is to know that we have time without end, that we can learn to master time itself. In silence and stillness we can step outside the bounds of time and know its three facets: past, present and future. Not only our own story but also the history of the world. We come to understand the great turning truth of time.

## **The Power To Tolerate (cont.)**

Real tolerance is a state in which, firstly, I have to go inside and check how I can contribute positively to a difficult situation. If the difficult situation requires me to mould my own behavior, I have to be open about that and respond accordingly.

Secondly, real tolerance requires understanding and humility in the self and sympathy towards others: realizing that at the deepest level, everyone's original qualities are love, peace and happiness and everyone wishes to experience these qualities and live with them and that when we behave badly towards one another, it's because we are suffering from a loss of these qualities, a loss which is temporary. That doesn't mean I have to invite another person to continue to insult me, or deliberately expose myself to negative situations. But if I happen to be in a situation where there is continuous insult or assault, understanding will contribute to my power to tolerate and accept it or walk away from it in peace.

Thirdly, real tolerance is that state of contentment, which comes only through the relationship with the Supreme, in which there is no impact from the assaults, other than to cause a response inside me of wanting to give, like the fruit tree (explained earlier). Forgiveness is the healing balm for an intolerant nature. When we move very far away from God, our tolerance level reduces. The nature we express becomes that of wanting, taking, needing, rather than our original nature, which is of giving and forgiving.

## **Soul Sustenance**

### **Inculcating Powers Through Rajyoga Meditation - The Power To Withdraw (Part 1)**

The aim of Raja Yoga meditation is to strengthen ones nature so much so that situations, which previously might have defeated us, we now find easy to handle. So, the power to withdraw does not mean running away from life, but the ability to find a safe space inside oneself, even in the midst of life.

An image used to illustrate this power is that of the tortoise. When there is danger, the tortoise instantly goes inside its shell, which it carries with it everywhere. In the same way, when I am faced with negativity or active hostility from people and situations around me, there is great strength in become introverted, even for a moment, so as to touch base with the point of peace inside my own being. In doing so, I find not only **shelter**, but also **stability**, so that I protect myself from any hostile reactions on my part.

(To be continued tomorrow .....

### **Message for the day**

**To have love for experimenting is to experience progress.**

**Projection:** Usually we do things just as we have always done or as others do it. So we find ourselves obtaining the same results over and over again. We hardly ever think of doing things differently or trying our something new.

**Solution:** We need to develop love for experimenting. In any situation we have to see if we can think of something different, if there is a better way of doing what we are supposed to do. Such experimenting will bring newness and progress in our life.