



Sea Cliff Bridge, Wollongong, Australia

Solution

Problems are simply challenges waiting for solutions to meet them. The two are partners. Think with resolve that a solution will present itself and it will.

Humility makes you a learner

Where there is humility there is willingness to learn. When humility is lacking, ego comes which doesn't let you learn from all situations and people. The power of humility enables you to learn and move forward. When you face any criticism from someone, see what you can learn from it, instead of feeling bad about it. Even things that go wrong have something to teach, for the ones who are willing to learn. With your humility continue to learn.

Love And Suffering (cont.)

We have the inner belief that love, worry, fear and suffering go together. It is difficult to transform (change) fear until we eliminate that belief. You are love and you need to share that love. Life is a sharing of love, it is loving the body, loving oneself, loving others, loving God, loving nature, loving work. That energy of love in the end purifies us and helps us to go forward. But while the belief exists that love has to be linked to fear and suffering, we will be blocked and will put a brake to the flow of pure love. In the name of love, we worry, we suffer and we are afraid. Instead of helping from a place of freedom in love, we help out of worry and fear, and in doing so we stifle, control, depend, and the other person feels their inner freedom restricted. We do not let them be.

If we review our personal life and see the moments when we have experienced most pain in our lives, we realize that it is with the people we have most loved, and that have most loved us that we have suffered most. We experience pain in a relationship of love, where there is possession, control, submission and dependence. Other times the pain is caused by a loss that generates an inner emptiness. That person filled me, they gave me wholeness, they were the reason for my existence and now they have either left me or they have gone. In the second case, we wouldn't say that they "have died", but rather that they have gone to another level of existence i.e. the soul has taken a new physical costume.

(To be continued tomorrow ...)

Soul Sustenance

Limiting Ourselves In Comfort Zones

We are basically unlimited beings. But we limit ourselves in many comfort zones. We have a lot of conditionings which, in reality, are mental.

Some mosquitoes were put in a box and they kept jumping a lot. The box was covered from the top and each time they jumped they hit the top of the box, and when they jumped too close to the right or the left they hit the sides of the box. Slowly, to avoid harming themselves, they learned to jump just under the cover and without reaching the sides of the box. One day all the four sides of the box were opened. The mosquitoes were free, but they kept on jumping as far as the limit they had learned. The physical limits were no longer there. But they had become conditioned mentally. The same thing happens to us. We have to open the sides of the box and take off the top, or we can continue to live inside the box created by our own mind.

Given below are some conditionings under which we work, because of which we do not experience complete freedom.

- * **Beliefs** , acquired since our childhood, which limit us.
- * The **negative images of low self esteem** that we have created of ourselves.
- * The damaging **thoughts of doubt**, which does not let the highway of trust to build up inside ourselves and does not allow the creative energy of positivity to flow from inside us to the outside.
- * The **fear of failure** or not being to able to succeed completely. A lot of times the fear exists due to past experiences of failure or not having succeeded as much as you would have liked.

We need to become aware of what our pattern of thoughts is, which brings us under the negative influence of mental conditionings. When that happens, we will be able to become free of these conditionings. While we do not become aware, we will continue to remain under its influence.

Message for the day

The one who is detached is the one who is loving too.

Projection: The lotus flower is both detached and loving. It is untouched by the dirt it is surrounded with and is beautiful and loving at the same time. In the same way, whatever the situations or the people around us, we need to be untouched by their negativity. Then we will become the ones who are loving too.

Solution: When we are faced with a negative situation, instead of blaming the situation, we need to work at our own inner strength. The problem could be created by someone else, but we have to make effort in bringing about the solution. Then we will be able to make things better without having negative feelings towards anyone.

