



## **Courage**

Courage is to take a step forward into an area of difficulty without a solution in mind, but yet feeling that victory is ahead. It is going empty handed, but knowing that God's hand is stretched out to pull you.

## A Great Gift

The ability to enjoy one's own company is one of the greatest gifts life has to offer. Learning to turn our thoughts away from all our responsibilities at the day's end and take our mind into a state of peace and benevolence enables us to carry greater and greater loads without feeling burdened. When our inner landscape is full of beautiful thoughts, everything we do is a pleasure. Gently, we calm down chaotic situations and offer solace to troubled minds.

## Understanding What Is Clean Communication

With the self covered by the clouds of so many external influences and many of its own negative beliefs and past experiences, the self is normally unclear about its own self. **The light of spiritual knowledge brings clarity to the self, about the self. This helps me to communicate with others much more clearly than when I am not sure or clear about what is going on inside me.** There is a direct connection between the quality of subtle activities in the form of **thoughts** and **feelings** going on inside me and the quality of my interaction and communication with others.

Very importantly, relationships are also connected with **attitude** and **vision**. Sometimes, I may feel I have said and done the right things to someone, yet still someone is not behaving towards me as I would wish. At such times I need to check my attitude towards that person and the vision with which I am seeing them. I may find inside a slight feeling of disapproval towards that person, a feeling of discomfort, a resistance to something in their personality. Neither of us may be conscious of it, but my negative feeling casts a shadow on the other person. They are not receiving the acceptance or respect from me, that they should (on a subtle level), although externally I may be showing them a lot of respect. This subtle lack of acceptance and respect from my end influences their ability to hear me clearly (on a subtle level), and the way they behave towards me. **The practice of meditation enables me to clean out my thoughts, feelings, attitudes and vision, ensuring that what I share with others on a physical and on a subtle level is positive.** Then it is much easier for me to connect with others and for others to connect with me in a positive way. This is called **Clean Communication**.

## Soul Sustenance

### The Triangle of Spiritual Energy (Part 1)

Harmony within the self and with others is based on the accuracy of three aspects of remembrance: the ability to **disconnect**, **connect** and **reconnect**.

When I **disconnect** my thoughts from outside influences, stepping back from actions and words, then I can go into silence and connect with the self. To plug into the self, I use the thought: *Om Shanti* or “I am a peaceful soul”. This thought is the current that activates my eternal resource of peace and the qualities that emanate from this peace. The first step in meditation is always to connect with the self: what we call the inward step.

The next step in meditation is vertical, where, within one second, my concentrated thought **connects** my mind with the Supreme Source of Peace.

Silence and love give the mind wings to break the pull of gravity and to fly and unite with the One, who is the purest point of energy in the universe. This vertical connection from the point of the self, the soul, to the point of the universe, the Supreme Soul, gives the mind fresh new energy. This fresh energy is divine spiritual power and cannot be found in, or taken from, a human being. Therefore, if I wish to recharge myself, to rediscover and restore the original balance and harmony within myself, the second movement made by my mind must be vertical.

(To be continued tomorrow ...)

## Message for the day

**The one who is free from wasteful words is the one who can be light.**

**Expression:** Sometimes when something only needs a few words to explain, we continue to speak and expand on it for a long time. We actually use more words than necessary thinking we are clarifying things. We give the justification to ourselves that it is necessary or the other person does not understand. These words sometimes disturb the other person and spoil our relationships too.

**Experience:** We constantly need to pay attention to the words that we speak. We need to check if we are using any more words than we actually need to. When we remind ourselves of a simple slogan, "speak less, speak softly and speak sweetly", our words will never be those that disturb others. We will then be able to maintain our own lightness and that of others too.