



River of Flowers in Keukenhof, Holland

Easiness

As we grow in strength in our spiritual life, we give up the habit of worrying. It serves no purpose other than to make us feel tense and miserable. When I stop fretting about things that are beyond my control and focus instead on generating optimistic and kind thoughts, my life can begin to flow in ever more positive directions. Such a light and easy approach to life enables me to take everything in my stride.

Clear Aim

When the aim is clear, constant effort is put in to fulfill this aim. There is an ability to learn from the obstacles, adjust to them or ignore them in order to move forward. There is the understanding and the faith that even the worst situation will take one forward. So the one who understands this doesn't stop with any kind of difficult or challenging situation, but is able to recognize and use one's own treasures.

At Peace With Time

To live in freedom you have to live at peace (harmony) with time; live the dimension of time as a **creator of time and not a slave of time; live without being either a prisoner or victim of time.** To live at peace with time is to live in harmony with nature, beginning with your inner nature. When you plant a sapling today, you cannot accelerate the process so that the next day you have a tree. When it is summer, you cannot make the earth revolve around the sun quicker or slower for winter to arrive before or later. Everything has its rhythm in nature. We have distanced ourselves from the natural rhythm and our accelerated mind exercises pressure, creates stress and causes anxiety. We plan the future, we are stuck in the past and the present escapes us.

Many worries have to do with how we live time: the past, the present and the future. **Worrying about what might happen (future), when the moment has not yet come for it to happen, takes away from us the necessary energy to deal with it when it finally arrives.** Living in memories drains our energy; the past already happened and no longer exists, except in our memory. **We feed memories, not realizing that emerging the memory in our mind distracts us from the present and weakens us.** It is like being a plug that connects to a socket with no current passing through. We lose our energy. We want to relive an experience that already happened, and in the end we feel disappointed, feeling a mental and emotional waste.

(To be continued tomorrow ...)

Soul Sustenance

Improving the Quality of Different Areas of My Karmas (Part 1)

Karma yoga (experiencing meditation in practical life situations) functions in two ways:

- **By filling the self with power, the transformation of action is possible.** This in turn brings about change in my *sanskars*.
- **By absorbing the qualities of the Supreme Being my sanskars change.**

It's necessary to experiment with this to discover its validity. On one level, whatever I have done, I have to receive the return for that but, on another level, just simply pure love for God is the factor that purifies, cleanses and forgives. Whatever my past karma may have been, the fire of God's love, the fire of a powerful connection with Supreme is able to resolve it and remove its impact from within the soul itself, in terms of negative personality sanskars and also in terms of negative karmic effects in real life situations. Thus it can be seen why yoga or the union of love with God is so crucial.

If one looks at the whole pattern of human life, there are **four areas of karma** which need to be improved:

- Karma that I perform for **myself**, for my own sustenance and upkeep.
- Karma that I perform with or for others in terms of **relationships**.
- Karma that I perform, not out of need or necessity, but for **leisure** or **entertainment**.
- Karma that I perform as **service** of others.

In the next three messages, we shall explain how we can improve these four areas of karma.

Message for the day

The one with the vision of perfection constantly experiences progress.

Expression: Many times, as we are moving ahead in the path of our life, we find ourselves stagnating. There seems to be no progress at all in any aspect of our life. We try to bring about a few changes that work for sometime. But after sometime we find ourselves dissatisfied and we stop trying.

Experience: We need to have the vision of perfection constantly in front of our eyes. We need to ask ourselves what is it that we expect out of ourselves, to be a source of joy to others, to keep learning.... it could be anything that inspires us to constantly move ahead while appreciating all that life brings.