



Heart's Attitude

It is not the body's posture but the heart's attitude that counts when we meditate.

Discover the Joy

To be happy means not to be influenced with the external stimulus for the internal state of happiness, but to discover the joy within. So the one who is constantly in touch with the internal state of happiness is able to express this happiness. The one who is free from internal dis-ease is the one who is free from disease. I am able to enjoy the beauty of everything when I am able to maintain my own inner state of happiness. My body, mind, relationships, everything is healthy because of this internal state of mind. I am able to enjoy everything I do too and experience constant progress and success.

Seven Techniques To Let Go Off The Past (continued)

Correction - Memories inside the soul are like imprints or impressions on the soul. Some impressions are deep, some are not. Negative past experiences leave very deep negative impressions or scars on the soul, which sometimes take a lot of time to heal and sometime an entire lifetime can be spent without them getting healed. Negative past experience imprints and negative emotions like anger, hatred, attachment etc. are closely linked. So, correcting the self or incorporating positive sanskars fills the spiritual self with positive impressions. This, over a period of time, nullifies the effect of these negative impressions and as a result, the related negative memories.

Donation - Donation can be simply defined as the distribution of the invisible attainments one has experienced through spiritual self transformation, to others. It helps one receive blessings or positive energy of those whom we donate to and gives life a focused positive purpose, both of which help us immensely in forgetting our past. People who live only for themselves will find it more difficult to forget their past as compared to ones who spend a lot of time for others. Giving happiness to others helps us in forgetting our griefs.

Interaction - The more we interact with and remain in the company of positive minded people and have positive conversations with them, we give and receive positive energy and the more our past gets erased from my consciousness. Spirituality teaches us to look inwards and experience introvertness, which we haven't experienced for a long time. At the same time, spirituality also teaches us to keep a balance between looking inwards and outwards. Composed and balanced extrovertness and healthy, happy relationships with virtuous people help us remain more in a present consciousness, not giving the mind to drift too much into the past.

Soul Sustenance

Freedom from the Dependency on the New (Part 1)

One of the dependencies that the consumer society promotes is dependency on the new. You have a car but today a new, better one is coming out. You have a mobile but the new one on the market today has more features and yours is now obsolete. The same thing happens to the television, MP3 players, DVD players, etc. Today you have some clothes but tomorrow the fashion will be different. We find the need to fill ourselves with more and more. This way an addiction to the new is generated. We get bored quickly and we need something apparently new and different all the time.

Some people need to buy new clothes all the time because it makes them feel better; they 'feel' the newness, is this normal or is it actually an addiction to the new out of boredom, is it discomfort with oneself and the inner need to impress and please others that sometimes some people seem to possess. It is actually living in the superficiality of the pair of jeans or the saree, not in the inner essence of being or soul. It is to use time to distract oneself and not to construct creatively. It's not as if buying new stuff or going shopping is wrong but when it becomes a dependency, when it becomes a source of boosting your self esteem, that's a sign that you are going wrong.

(To be continued tomorrow ...)

Message for the day

The one who has the power of realization is the one who can bring transformation.

Expression: When something goes wrong we immediately begin to look for excuses why that mistake happened. This finishes our power of realization and we will not be able to recognise our own mistake. Then we will not be able to work at improving ourselves and we will not be able to bring any transformation.

Experience: Instead of looking for excuses for what happened, we need to take the opportunity to check within ourselves and see our own mistake. When we recognize our mistake, however small it may be, we will be able to work on it. Only when we are able to realize our own mistake, will we be able to bring about transformation in ourselves.