



An oasis in the Gobi desert

## **Change Skill**

There is nothing more certain than that the world will continue to change. Accepting and not resisting this, is the first and most important inner skill in this frenetically changing, modern world. Life tests us every day to see how well we have developed this ability. Equally, there is nothing more real than the inner space within each of us that never ever changes. We may change our thoughts, our feelings, even our sense of who we are, but we fail to visit the unchanging centre of our own self. The ability to be in this inner space, where our peace is found, when all around would prefer chaos and crisis, is the deepest spiritual change skill. It is the eye of the storm, it is the oasis in the desert, it is the place where peace is power. Call in today. You'll be surprised how much it can influence and change everything and everyone around you!

## **Seven Techniques To Let Go Off The Past (cont.)**

**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

### The Law of Self-Control

The more control we have over ourselves and our lives, the happier and freer we will feel.

We sometimes get angry with other people. Why does this happen? It is probably because they have not met our expectations or we were trying to control them and they have not let us. Sometimes, the simple expectation that a person should behave as we want them to is in itself an attempt to control them. When we try to control another person, which is impossible, we are bound to fail, feel frustrated and stressed.

We are capable of having power over **ourselves**; we can be more responsible for our thoughts and feelings. We have the capacity to choose how we respond to different situations and people that we come across in our lives. If we do not exercise much control over our thoughts and emotions, we easily fall into the tendency of seeing ourselves as victimized, and we blame others, making them responsible in our own minds for how we feel. When we do this, we are forgetting that we create our own thoughts. When this happens, we are handing over the control of our thoughts to those who influence, criticize, attack or slander us.

If we want to recover the control over our life, we must learn to control our thoughts and feelings and not blame anyone else for them. The more self-control we have over ourselves, the less will we want to control others and our capacity to influence other people positively will be greater.

## Message for the day

### A single step of courage brings a lot of progress.

**Projection:** The understanding that one can do a lot and reach great heights, enables one to take courageously a step forward. With each step taken with courage, there is a hundred-fold help received. Also courage means to understand the accurate method of achieving things. When there is this kind of courage, there is a lot of progress in whatever is being done.

**Solution:** The aim to achieve the best enables me to have the courage to take a step forward in all situations. So I am able to be light yet powerful under all circumstances. Because I also find myself receiving help, I am able to further increase my own courage. There is nothing to stop me, but I continue to experience progress, in both the positive and negative situations of life.

## Tolerance

When there is love, tolerance becomes easy. Love makes us free from expectations, which enables us to accept people as they are. The more we go within ourselves we are able to discover our own strengths. We will automatically be a giver in all situations and we can tolerate very easily. Let us think of one person in whom we are not able to tolerate some quality. We then need to tell ourselves that just as a mother accepts her child even with weaknesses, we will accept this person as he is. When we change our attitude towards that person we can be tolerant.