



Introversion

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

Experiencing The Subtle Body Or Body Of Light (Meditation)

I feel comfortable... peaceful... I focus my eyes on a specific point and let them rest there... My hands are in my lap... I am aware of my breathing... I begin to breathe deeply, inhaling and exhaling... When I inhale, I imagine an energy filling my lungs that relaxes me... it makes me peaceful... it calms me... On letting go of the air, I feel that all the tension, worries, confusion... are leaving me... After some moments of deep breathing, I centre my attention on my feet, where I feel a gentle light energy... like a vibration that relaxes my feet... I mentally withdraw this energy that connects to my feet... I visualize how a white light goes slowly up my ankles... my legs... like a light current... I feel as if my feet, legs... were to disappear... become light... weightless... I carry on bringing my attention upwards, slowly through my body through my pelvis, until my chest... I feel that current of warm white light running through this part of my body...

Now I look at my hands... I separate them... I move my fingers... I relax them, feeling how that white light withdraws, going up my arms... My arms relax... my hands... my arms are weightless... This gentle light energy now goes up my neck and envelops my face... Waves of light and peace run over my face... the muscles of my face are relaxed... I feel very light... a pleasant feeling of well being is filling my entire body... I experience a very deep peace within me... I concentrate this light energy at the centre of my forehead... I visualize this light energy as a star floating between my eyes... that radiates energy and light... I am live energy... I am light... my form is light... I am a being of light... I am free... different from my body... I feel incorporeal (non-physical)... beyond the awareness of my body... I feel at peace... free... completely free of the limitations of this body and the physical world... I am a being of peace... I radiate this energy of peace in the form of vibrations that spread outwards... to the place I am in... to my surroundings... and all the atmosphere becomes peaceful and calm. I enjoy this state of being light.

Soul Sustenance

Understanding And Expressing Your Potential - Part 1

A free being is the one who recognizes their potential; they care for it, nourish it, use it and express it. It is an awakened being. It has stopped blaming, complaining and making excuses. It has taken on its full responsibility and has an attitude of gratitude at each moment. It is a relaxed being, but it does not get too comfortable in comfort zones or laziness. Out of peacefulness and spiritual strength, it rises above beliefs that limit their potential to grow and shine.

Its energy is full of love, courage and determination. It is a concentrated energy that governs their mind and emotions; it is not distracted by the unimportant, it does not lose sight of the important and does not allow itself to be trapped by anything or anybody. Therefore, their energy is fully centred and has great power. Not the false power that comes from stress, adrenaline, pride and ego, but rather the power that arises from a being whose conscience, decisions and actions are aligned. From a being that knows that nothing or nobody can prevent it from being free and express their full potential. A free mind is a mind without limits, open to everything and closed to nothing. It is a mind that clings on to nothing and, because of this, is relaxed with everything. A mind is closed because it gets stuck on something; it is blocked by fears or disturbed by worries. A person with a busy, closed and clinging mind will get disturbed, they will fluctuate, they will lose their emotional stability and they will be easily offended. This doesn't happen to a person with a free, open and relaxed mind because they never lose sight of the true meaning of who they are.

(To be continued tomorrow ...)

Message for the day

To search for solutions is to use resources for the right cause.

Expression: Usually a lot of energy and time is wasted to find the cause of something that goes wrong. But thinking about that only wastes the resources that could be used for finding solutions. So it is not necessary to understand the causes but to find solutions. So the one who understands this fact is able to make the best use of available resources to correct the situation.

Experience: Being focused on the solution rather than on the problem, I am able to use all my inner resources in the right way. I am free from complaints and am able to put in effort to do the best in the given situation. I am constantly happy and content because I know that there is a solution for every problem.

Attachment

In life we get attracted and become attached to a particular object, person, relationship or situation. Attachment seems to be the normal state of our living experience. We seek it without a second thought. Is attachment a desirable state? When a person develops a strong attachment, he is likely to become sorrowful when the attachment is broken or diminished. His emotional and mental state suffers. The broken hearted, the vindictive behavior, the hatred, the jealousy and sometimes suicides are the result of broken attachments. It is a risky business to make the happiness of others our total happiness; to experience the difficulties of others as our difficulties. We should not build our life to such an extent around someone else's life or any object so that when anything goes wrong we cannot function or we fall apart. It is healthier, stronger and much more in wisdom to love everything and everybody, play our roles and perform our duties to the maximum with everybody and still remain detached. We will be able to provide more help to others when we ourselves are strong from within.