



Mount Sinabung, Indonesia, Ash Cloud, Nov 2013

## Manage Emotions

When the energy of our consciousness is out of our control - the mind is agitated. We are being emotional. The solution is to detach from the inner storms, stand back and observe the hurricane pass. Detached observation withdraws the energy which your emotions require to sustain themselves. When you watch your own anger, it dies. If you don't detach from it, and observe it ...it will be your master.

## **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

### How Often And Why Do I Need To Meditate (Part 1)?

As with anything else, the more we practice meditation, the more we feel the benefit of what we are doing. We do need to practice meditation regularly because the habits of:

- i. identifying with our physical form,**
- ii. succumbing to mental and emotional negativity (in the form of waste and negative thoughts) along with negativity in words and actions,**
- iii. becoming attached to the physical as well as the non-physical, and**
- iv. being dependent upon the experience of physical stimulation of any sort (from e.g. food, movies, people, sports etc.) for happiness** are extremely deep.

These habits have deepened over a period of many many births, because of repeating them regularly, due to a lack of spiritual awareness. As a result, in the present moment also we regularly and quite easily slip into these four habits.

(To be continued tomorrow...)

## Message for the day

**Truth is effective when it is combined with tact.**

**Projection:** I usually react when something goes wrong. In the heat of the moment I give corrections and others don't seem to understand. Then I tend to become confused, as it is difficult to make a choice whether to leave the situation as it is or to prove my point to the others.

**Solution:** Unless truth is combined with tact I cannot make people realise their mistakes. When I find something going wrong, I need to wait for the right time for saying what I have to. I also need to tell it in a way that the other person can understand. Only then will my words have their impact on others.

**When you are faced with different situations or opportunities, which do you say 'yes' to and which do you say 'no' to?**

In order to decide, it is important to keep the vision of your dream and what you the soul really wants, in front of you. Be aware of what is essential for you. From this space of inner focus, we should see which of these situations/opportunities are going in the direction of your dream, what is essential and what takes you away from your dream; also be aware that sometimes situations are like 'mirages' that seem to offer something easy and attractive, but which distance you from the essential or the truth. They are opportunities that seem easier and, out of laziness, it would be easier to say 'yes'. But within you, if you listen, you know that, in the long term, you will not be happy, content and peaceful given that you have avoided or are running away from the challenge, you haven't listened to your heart. We need to refuse to allow ourselves to be carried by the current.

When you say 'yes' to the proposal, situation or action that is close to your essence of your spirit, it is a 'yes' in which there is not submission, where you do not lose your freedom or your self-esteem. It is a 'yes' with the certainty that, learning from what life offers you; you and others will move forward in a positive sense.