



Weaknesses

If I keep the weaknesses of others in my mind, they soon become a part of me.

Procrastination

Procrastination is an obvious form of avoidance.

Ask yourself what is the one thing that you are delaying? Why are you avoiding it? Is it the task itself or something else? Know the reason why you procrastinate doing a certain task & then "get over it". Motivate the procrastinator in you so you can accomplish the task.

Here are 2 possible ways to avoid procrastination:

1. Just Do It: Doing something takes less time than to procrastinate about it. And the longer you 'put it off', the harder it becomes to get it done. Make the decision to stop the procrastination & just do it.
2. Save the best (task) till last: Do the things you don't enjoy first. Get them out of the way so that you can move on to something better.

The Triangle Of Spiritual Energy

Harmony within the self and with others is based on the accuracy of three aspects of remembrance: the ability to **disconnect**, **connect** and **reconnect**.

When I **disconnect** my thoughts from outside influences, stepping back from actions and words, then I can go into silence and connect with the self. To plug into the self, I use the thought: * *Om Shanti* or * I am a peaceful soul. This thought is the current that activates my eternal resource of peace and the qualities that emanate from this peace. The first step in meditation is always to connect with the self: what we call the inward step.

The next step in meditation is vertical, where, within one second, my concentrated thought **connects** my mind with the Supreme Source of Peace.

Silence and love give the mind wings to break the pull of gravity and to fly and unite with the One, who is the purest point of energy in the universe. This vertical connection from the point of the self, the soul, to the point of the universe, the Supreme Soul, gives the mind fresh new energy. This fresh energy is divine spiritual power and cannot be found in, or taken from, a human being. Therefore, if I wish to recharge myself, to rediscover and restore the original balance and harmony within myself, the second movement made by my mind must be vertical.

(To be continued tomorrow ...)

Soul Sustenance

Resisting False Attractions In Actions

All that glitters (shines) is not gold. Life presents you with many illusionary scenes, scenes in which what may be visible may not be the truth. These scenes cause desires to be born inside you to achieve something unnecessary for your prosperity or other types of fulfillments. These can be illusions that make you believe that you will gain something from a situation or person, without the same being true. Thus, you waste time going down a path that not only leads you to disappointment; but you also waste the resource of your thoughts and energy and as a result you tire yourself out emotionally and mentally.

If the intellect is polluted, you make incorrect judgments and are easily deceived by situations or people. Thus, you will make incorrect choices, dishonest or illogical decisions. You will justify dishonesty and improper actions and you will be incapable of differentiating between the real and the imaginary. A person with a pure, clear, clean and powerful intellect will act with honesty and sincerity. When your intellect is polluted, you may act against your own conscience or against your better judgment; you also may be insensitive. A person with a doubtful intellect will always justify a dishonest act. Meditation is the process of purifying and cleaning the intellect, because in meditation we connect with the purest intellect, the intellect of the Supreme Soul or God. Meditation is also a process of inner awakening and strengthening of your conscience. Being awake means to realize, and being strong means to act according to what you have realized.

Message for the day

Determination is the best companion.

Projection: When things go wrong, the first reaction is of fear. Because of this, I can't put in any effort to better the situation. I start looking for a companion, a support who can provide me help. But I rarely get help from outside.

Solution: When I have to look for something to rely on, the only support I get is from my own determined thought. I need to make it my companion, not letting go of it till I succeed. This will help me overcome my fear and move towards success.