



## **The Secret to Being Content**

To be peaceful is to be free from expectations and to want nothing from anyone. Take the initiative and be generous.

Lead the way and do something. This is the secret to being content in all circumstances.

## **Inculcating Powers Through Rajyoga Meditation - The Power To Tolerate (cont.)**

For most people today, if someone insults them, they'll immediately become angry or upset in return, so the situation not only remains unresolved but in fact becomes more complicated. Those who are virtuous may be able to remain content and smile for a while, responding with patience, but repeated insults and repeated efforts by the other person to bring them down will tire them until the point come where their tolerance levels are crossed and they will react.

If, however, through my power of spirituality and meditation, I am receiving immense amount of strength from the Supreme Being, my heart will remain open and I won't count how many times the other person has harmed or insulted me. This may sound extremely difficult and may look like an impossible thing to do. Meditation, however, makes the impossible possible. Meditation gives me an experience of a very deep, personal relationship with the Supreme and helps me keep the Supreme as my constant companion, which gives me such power. It's immensely useful for anyone then to move towards that goal.

True tolerance is made possible by openness and acceptance. It doesn't mean clenching my teeth and carrying on, come what may. Suppression of my feelings can cause me internal, physical as well as emotional damage, and end in an outburst which can damage others too.

(To be continued tomorrow ...)

## Soul Sustenance

### Where Do Our Thoughts Arise From?

A large percentage of your thoughts are determined by what you perceive through your senses. Everything you see, listen to, smell or feel causes some reaction or other in your mind. See how your senses are connected to your mind. Any negative thing that they pick up or produce will disturb the mechanisms of your mind. If you want to have spiritual peace, then use your eyes, ears and mouth with caution. Other thoughts arise from the impressions that have been recorded in your subconscious (identity, personality and/or character), and they may be positive or negative. The negative ones are often due to deep marks and/or habits caused by past events or experiences, and also everything that is deeply established and settled in your inner self (belief system).

The sight and hearing senses are those used most in human beings, with as much as 80 per cent of the information we receive being processed through these two senses. We should always be on the alert to ensure that nothing negative enters these two doors that might contaminate our mind. We need a guardian to ensure that does not happen. This guardian is our intellect, the part of our conscience that contains the wisdom (knowledge) and capacity to discriminate between right and wrong, beneficial and harmful, truth and falsehood. Observing the mind, we can be aware of the thought patterns that originate in our subconscious. It is important to understand that **you** are separate from **your** thoughts. You are not your thoughts, but your thoughts are created by you. With regular practice of meditation you will be able to choose at any time which thoughts you are going to focus your attention on and which ones you wish to disregard.

## Message for the day

**The method to finish waste thoughts is to deal with the mind with love.**

**Projection:** When there are waste thoughts in the mind which one tries to stop, it becomes difficult to do that. There is discomfort and difficulty experienced. On the other hand, when the mind is taught to take the right direction with love, there is a quick and dramatic change.

**Solution:** When I learn the art of speaking to my mind with love, I am able to free myself from waste thoughts without any feelings of suppression. Concentration too becomes easy and all thoughts are directed towards the right direction.

## 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.