



A Beautiful house in Zell (Mosel), Germany

Trustee Consciousness

We all have a relationship with everything. Obviously the relationship we have with the people and objects in our immediate vicinity is more intimate than the rest of the world. For most of us the most common relationship is possession. In our minds we think we own and possess things like cars and houses and carpets and golf clubs etc. This thinking easily spreads into jobs and tasks and positions and perhaps even other people. "I want you",

and "You are mine alone", is the essence of many romantic film scripts and song lyrics. What we forget is that this relationship is wrong. It is not possible to possess anything. Care for... yes. Use...yes. But possess... no. You can't take it with you when you go, so we say! And yet it's the idea of possession which lies at the heart of all fear, war and conflict. Can you see it? Fear of loss, fear of not acquiring what we have already decided is ours in our minds. So what is a better relationship we can choose which takes all the fear away? Be a trustee. Everything comes to us in trust, for us to use and then to set it free. The consciousness of trustee sets us free of the tension of grasping and guarding. To see ourselves as trustees of everything that we receive, including our bodies, encourages our innate capacity to 'care for with dignity'. It is a much more relaxing way of relating to the things which we are privileged to receive in life.

relax7

Innate Qualities

When we face negative situations, we either become negative or we try to move away from the situation. But that too becomes a temporary solution, as the negative thoughts, feelings and emotions continue to follow us. The only way we can come into positivity, even in the most negative situation, is by connecting to our innate qualities. Deep within us are the most beautiful qualities of peace, love and happiness, which we mistakenly look for outside. Practicing with these qualities help us maintain positivity under all circumstances.

Meditating With Open Eyes

It is advised to practice meditation with eyes open. When we sit to meditate, if we close our eyes, what we do is that we send a signal to our mind, intellect and our physical body that sleep is close and that signal, in turn, induces sleep. That is the last thing we want to induce inside ourselves, while meditating. Meditation is a way to wake up and stay awake, not only physically, but in terms of being conscious and alert about what is happening **internally** and **externally**. **It is therefore good to practice with eyes open, so that during your meditation, you can become used to going beyond the physical inputs of what you see, hear, feel and smell and at the same time, remain exposed to these inputs.**

By practicing with open or semi-open eyes, it becomes easier to create the accurate state of consciousness while still being faintly aware of our surroundings. This will be essential in day to day activities when we want to stay connected to our inner peace while others around us may not necessarily be very peaceful. It will also help us to move deeply into our peaceful consciousness during conversations which at the same time, require alertness to go into the depth of ideas and concepts. When we are established in our peaceful, spiritual state (as a result of meditating), it is as if we are keeping our third eye, the eye of our intellect, open, which gives us the ability to see, in actions and interactions, what is true and false, and to make the right decisions without being influenced by others or our own emotions. All the above abilities are required many times during the day. We obviously can't keep closing our eyes to meditate each time any of these abilities are required.

Soul Sustenance

Understanding And Overcoming Fears

We are all afraid of something. We all have fears at some point or other during our lives, and one fear brings about other fears. For example, the fear of death brings about the fear of illness or the fear of accidents. The fear of rejection comes from the fear of being perceived as different. The fear of success or standing out comes of the fear of relating to people. From the fear of failure comes the fear of making mistakes; the fear of taking on risks; the fear of taking decisions, the fear of not being recognized at work. The fear of others includes the fear of the anger and aggressiveness in others, fear that they might reject you, fear that they might judge you.

Eliminating fears and liberating the mind requires a broad knowledge of how our mind and spirit work. Our spiritual conscience has to awaken for us to realize what the origin of our fears is and how to overcome them from the root. Fears are like a tree; we can cut off a branch, but then other branches or fears will grow. We have to go to the root and, even, the seed, to overcome the fears.

Tomorrow we shall list out some of the common fears.

(To be continued tomorrow ...)

Message for the day

To be careless means to misuse specialties.

Expression: To be careless means that there is no awareness of one's specialties and so there is the inability to use them for the benefit of the self and for the good of others. On the other hand there is also a tendency to become overconfident because of these specialties and not to work on self-transformation. The one who is careless is not able to recognize the need for self-change and so is not able to bring about transformation.

Experience: When I am able to be free from carelessness, I am able to understand the importance of the specialties that I have, and am able to use a particular specialty that I have, and am able to put them into use. So I find that the more I am able to use a particular specialty that I have, the more I am able to bring out and use the latent specialties that are within me. So I am able to experience quick transformation and constant progress.