



President Barack Obama with President Bill Clinton sharing lighter moments

## **Take Time to Laugh**

Take time to laugh, it is the music of the soul. Take time to think, it is the source of power. Take time to read, it is the fountain of wisdom. Take time to love and be loved, it is a God-given privilege. Take time to work, it is the price of success.

## **Free from Weaknesses**

The normal reaction to negative situations (situations that hold a threat for me) is to react with negativity (with my weakness). But the problem with such a reaction is that each time I use my weakness it only gets further strengthened, and becomes a part of my nature. I need to remind myself that only when I free myself from my weaknesses can I bring benefit to myself or to others. This thought will enable me to constantly check myself and put in constant effort to change myself too in overcoming my weaknesses.

## **Maintaining Positivity**

When we feel ourselves to be surrounded by violence, suffering and pain, we find it difficult to sustain hope. We need to understand the causes of that suffering, to go to the root that brings it into being, since only thus will we be able to keep the light of hope on. Understand that pain is a sign that indicates to us that something has to change. If your tooth didn't hurt you wouldn't go to the dentist nor would you realize that something in your tooth isn't working. In the same way, emotional and mental pain suggests to us that something is not right. Understanding the signs that suffering brings us helps us to accept the causes of the pain and to generate the power to transform or change it. Out of understanding, acceptance and being willing to change, we relieve the pain and keep hope alive.

In spite of all the international, national, local, family and personal conflicts that there may be, there are many positive things to be happy about. There are more and more people becoming aware of the importance of personal development, and of taking care of oneself on a physical, emotional, mental and spiritual level. There is a list of positive things and situations to be happy about. Be grateful for and discover the benefit that there is behind everything that happens. All of it helps you to strengthen hope in yourself, in others and in humanity.

## **Soul Sustenance**

### **Inculcating Powers Through Rajyoga Meditation - The Power To Discriminate**

Meditation gives me a discriminating eye - an ability to discriminate between truth and falsehood. It does this by helping me maintain a consciousness that helps me rise above competing claims to truth - the different ideologies and opinions, reasons and analyses, justifications and stories related to a situation - which can be so confusing.

The image of discrimination is the jeweler, who, with the help of his eyeglass, sorts out real diamonds from false. Meditation opens my third eye, the eye of pure consciousness. When I look at the world through this eye, truth is not just an intellectual idea, but an experience of the heart. When I think and act in ways that maintain and deepen this experience of truth, I know I am moving in the right direction. Conversely, I discover that thoughts and behaviours that cloud or hide the experience of truth are coming from falsehood, no matter how much I or others may try to justify them. So, meditation gives me a reliable basis for discriminating the value in different courses of action: will this help me recover my truth, or take me further into falsehood? Will it maintain the flow of love, peace and happiness in my heart, or will it cause a blockage? Previously, I may have been easily swayed by other people's demands and opinions, or by illusory ways of thinking arising from my own negativity. Like a good lawyer, the intellect is very clever at arguing its case, regardless of where the truth may lie. But, when truth is experienced in and from the heart, there is no arguing with it. Deeply experienced truth clears my mind of irrelevancies created due to possessiveness, greed, desires and ego. As I learn to create pure, positive thoughts, and connect with the divine, it is as though a flow of clear, fragrant water gradually displaces the mud and rubbish in my intellect, enabling me to see reality or truth again.

## Message for the day

### True royalty lies in humility.

**Projection:** The one who is humble never reacts but responds in the right way to situations or challenges. Thus there is royalty visible in all words, actions and behaviour. So there is newness visible in the way of responding to situations.

**Solution:** When I am humble I am able to be beyond the influence of praise and defamation. This is because I am stable in the state of my self-respect. Also because of this I am able to bring about newness and I am able to be creative in responding to situations too.