



### **Creating a Peaceful Character**

To be peaceful you have to see yourself as a peaceful being. It means to think about being peaceful. It means that you have to be able to describe it in words. You must be capable of experiencing the feelings you would have if you reached that peaceful state. Now believe in it. If you feel it, it's real. Simply work on it and keep it uppermost in your mind. Make it yours and it will become your natural behaviour.

## Stability

When we are faced with challenges, we usually experience that there are not sufficient resources or we are not able to make use of our resources for best results. So instead of experiencing progress, we experience a lot of negative feelings. When we learn the art of being stable in the most negative situations, we know how to use the treasures that are hidden within us. Our mind is no longer disturbed with waste or negative thoughts and we find it easy to face and learn from each and every situation.

### The Art Of Tolerance (cont.)

Someone who has the power of tolerance will never be afraid or think: "Why is this happening to me too?" **As they are constantly full, they will go deeper into the knowledge and the memory of what is essential in life.** The one who is full of fear is not capable of going deeper. That's why there is depth in something that is full (wholeness). The one who has expansion is empty; for this reason, something that is empty resounds and that person devotes him or herself to muttering (talking excessively) away.

The one who has wholeness is silent; the one who is empty speaks a lot. Someone who lives in expansion will be constantly murmuring saying things like: "Why this? What is this? This should not be like that but rather in this way. It shouldn't be like that". This person will continue talking in this way in their thoughts and in their words, and also while interacting with others. What happens when you chatter away, beyond the limits? Your murmuring leaves you dry, out of breath and you tire. **Those who are tolerant are saved from all these things and for this reason they always feel enjoyment and bliss, they do not chatter but rather fly in the wholeness of their inner silence.**

(To be continued tomorrow ...)

## Soul Sustenance

### Rajyoga Meditation for Beginners

Let us practice the steps of Rajyoga meditation:

**1. I hold in my mind the words Om Shanti, 'I am a peaceful soul':**

Let us reflect on this statement, or mantra. A mantra is something that frees the mind from wasteful and negative thoughts, stress and worry. A mantra is usually repeated over and over again in order to get the desired results. However, in meditation it is not a matter of repeating words over and over again without truly understanding them. Otherwise it becomes forced concentration. Concentration of the mind should be natural because, when it is so, the mind can remain in a state of peace and relaxation for a very long time. The result of this is a recharging of the battery of the self, a renewal of energy from inside.

How do we achieve this state of natural concentration on the thought, ***I am a spiritual being, I am a peaceful being.***

**2. I reflect on OM; the consciousness of I am.**

What does *I am* mean? In this thought, the attention is drawn only to the present moment. I have no need to go into *I was, I will be, I hope to be or I should be*. To go deep into the self, **I need to be completely in the present.** This thought of *I am* takes me into the consciousness of self-realisation.

**3. I focus and concentrate on the thought until I stop thinking about it and experience it.**

These are the primary steps of silence and must be mastered correctly.

## Message for the day

**To be set on the seat of one's own position is to be free from the opposition of situations.**

**Expression:** To be set on the seat of one's own position means to remain stable and beyond fluctuation even in challenging situations. This comes when there is an experience of the inner qualities and strength. So during difficult times, it is this inner strength that is revealed. So there is no opposition from even the challenging situations that come up.

**Experience:** When I know my own inner qualities and strength and have this awareness in a conscious way, I am able to set myself on an elevated position. No opposition, however powerful it may be, can shake me from my seat of self-respect. In fact, I experience becoming firmer in my position with every opposition that comes.