



Non-violence

True non-violence means never hurting others even through words. Most of us make a great effort not to hurt people physically, but sometimes we hurt others through our words, often accidentally.

Today I will really think about the consequence of my words before I speak and consider how they might hurt others, I will also notice how when I do express negativity it makes those around me feel negative, which in turn affects me for the worst too.

Seven Techniques To Let Go Off The Past (Part 1)

Almost each one of us carries a heavy or subtle burden of negative events and happenings that have taken place in our life sometime in the past, either an immediate past or a far-off one; which reduce our present contentment levels immensely. The negative past could be of any form – you experienced the loss of a close loved one due to a break-up or sudden death; you went through a serious physical illness or a very lean phase of financial loss, you were abused on a mental or physical level; you were not treated properly by a colleague at office and undue advantage was taken of you; you performed an inappropriate action and you repent up till now, even after many years have passed, and many such similar and different types of incidents.

There are three different types of processes for removing negative past memories from our consciousness:

Modifying - A negative past event is modified into a positive, beneficial form and then stored in the consciousness.

Forgetting - Memories of a negative past event are forgotten and do not exist either in our conversations or in our conscious mind or thoughts, but traces of those memories exist in the sub-conscious mind.

Erasing - No traces of the negative past exist in the consciousness and memories of it are completely removed from the sub-conscious also.

We need to take the help of all the different aspects or techniques of spirituality and not depend on only one or two for these removal processes. In the next two days' messages, we will explain all these different techniques of spirituality, which if incorporated in our life, help us experience lightness and emotional freedom from the past. All of them have their own unique importance.

(To be continued tomorrow ...)

Gossip

Most of us enjoy listening to gossip; it seems harmless and unavoidable, but is it?

Listening to gossip actually encourages more gossip. The information doesn't contribute to your wellbeing.

So, if you don't want to listen to gossip, walk away from the conversation or try to make the conversation more constructive.

Message for the day

To use treasures in a worthwhile way is to be content.

Thought to Ponder: We are all endowed with a lot of treasures. Treasures like our specialties, our time, our good wishes, our encouraging words are in our access. Without using these treasures, if we ask God for more, or expect from others, it is difficult to get them. When we start using what we have in a worthwhile way, we find these and other treasures increase automatically.

Point to Practice: Today I will remind myself of any one specialty of mine and make a conscious attempt to use it in my day to day activities. I will remind myself of this, from time to time, and use it consciously whenever I can. When I am busy using my own inner treasure, I will not only be content, but also start achieving success in all I do.