



Karijini National Park in Western Australia

Heal Yourself

The deepest wounds we all carry are locked in our subconscious (out of our awareness). Deep memories and subtle impressions, from unfinished experience, rooted in the past. The pain from those wounds comes to revisit, to block and paralyse us in the moment called now. We all know it comes without warning - "Why am I feeling this way, I didn't mean to do that, I don't know what made me say that." Healing does not mean finding and treating every single inner scar which send it message to haunt us. It

means going even deeper, past those wounds, beyond those distant memories and recording of unfinished business, to the core of our self, to the heart of our spirit, where we find the light and warmth of our own core qualities of love and peace. They are eternally present within us they are what we need to heal all our inner wounds. That's why this kind of deep healing is called spirituality and not therapy. [relax7](#)

Inner Power

When we are under the influence of our weaknesses and tend to use them during pressurizing situations, we are not able to experience freedom. We feel bound by the difficult situation and so are not able to express all the positive qualities that we have. We need to make a practice of connecting to our own inner power constantly. For this we need to keep reminding ourselves again and again of this power. Then during difficult times, these qualities will be available for us in order to be free from the influence of situation and to have a positive influence.

Topics For Meditation Thought Commentaries (cont.)

Here are a few thoughts or themes for meditation to help you:

* Like stars shine to bring light during the night, I am a spiritual being of radiant light, like a star in the night sky, reflecting and radiating spiritual light in the present spiritual darkness of the world night. The, light, which emanates from the heart of me is peaceful and loving. It touches each and every being in the world. It is my gift to the world.

* I am just a tiny point of pure energy, of light, situated at the center of the forehead. And within that tiny point lie all my thoughts, feelings, emotions, attitudes, beliefs and my personality traits. Within the point of light that I am, lie all the qualities of spirit that I have - I am a source of love, peace, power and wisdom for others.

* I am a conscient, miniscule point of energy, at the center of the forehead and I am instrumental in making this body work. This body may be heavy and big as compared to me, but I the soul am so light, and free that I can almost fly. I experience bliss as the soul releases itself from the bondage of matter.

(To be continued tomorrow...)

Soul Sustenance

What Is True Love? (A Spiritual Perspective)

Emotional love can flower into true love when the fire of emotions cools down and is substituted by a wiser and more mature relationship. True love needs a fresh and renewing atmosphere, without fears. When you feel spiritually full, you feel flowing over with pleasure, happiness, wellbeing, and that state helps you to accept the one whom you love as they are, because from your fullness you give and share and you don't need or expect anything from the other.

While you need something that you want the other to satisfy, you will have expectations and the fear that those needs might not be satisfied, and you will get frustrated more easily. When you feel like a being of peace, a being of love, a tranquil being, a being that is spiritually full and satisfied, your relationship with others is a relationship of sharing on a level on which fear is not generated. You are not asking for or taking anything from the other. An elevated sharing of love, of happiness, of knowledge, of wisdom takes place, in which you do not generate a dependency on the other.

Attachments and dependencies, fears and insecurity, block our experience of love, of peace, serenity, freedom, happiness. When you have a feeling of love that takes you to a state of joy, to wholeness, but then you attach yourself to the object of your love, be it a person, or a property, automatically the feeling changes into fear: you fear to lose the object of your love and, instead of feeling wholeness and enjoyment, you feel fear.

Over time that attachment turns into a dependency and you start to become inwardly empty: that is, your energy level goes down. Love in its purest form is like a spring that pours forth for the benefit of others. Learn the art of loving, being free and allowing to be. Pure, true, love is an unconditional love that flows freely. Do not cling (hold on to). Love does not cling.

Message for the day

Cooperation creates space for learning and growth.

Expression: The one who cooperates and inspires cooperation is able to create a conducive environment for the progress of all. To inspire cooperation means to be able to relate to the positivity in those around. Relating to the positive aspect naturally inspires others to use their specialities for the success of the task. Their good wishes for the task too emerge very naturally.

Experience: Since I am able to relate to others' positivity, I find myself enriched with it. I subconsciously imbibe what I perceive. I get a chance and a space to learn and progress. The journey towards success in itself is a joyful experience and there is harmony in working with others. Thus I find success too easy to achieve as there is the contribution of each one's speciality for the task.