



Schwerin Castle, Germany

## **Respect**

When I learn to respect myself, other people will respect me. How can I develop respect for myself? By keeping my mind positive and encouraging myself to grow and change for the better. Demanding respect because of my position or background is simply arrogance. On the other hand, listening with humility and valuing other people's advice naturally earns me respect. I get back exactly what I give out.

## **Self Conversations And Their Significance**

A very important subtle activity that we all indulge in for a lot of time in the day is having conversations with the self, sometimes consciously and a large number of times without even being conscious of it. We need to be extremely careful about what the quality of our conversations are because self conversations very strongly influence our perception i.e. the way we see ourselves, others, situations as well as our personalities and also mould them. If channeled properly, they can be constructive i.e. ones that empower the self; if not, they can be destructive i.e. ones that bring the self down or weaken it in some way or the other. They possess immense potential, both positive and negative, if we want we can use them to liberate us or they can even limit us. We can judge, criticize and threaten ourselves or praise and encourage the self in a positive way. It's important to create thoughts of acceptance, respect and approval for ourselves, even if situations don't go the way we desire or expect. Such positive conversations help rise above the dependence on what how people see us and what they think and talk about us, making the self extremely powerful.

Positive self conversations are not fantasies or disconnecting from reality and a few minutes given to the activity do a lot of benefit and no harm at all. They can be done by detaching oneself from actions when we have an emerged conversation and our complete focus is on the conversation and we do nothing else at that time or whilst being involved in actions. Some actions like going on a drive, cooking, having a meal or simply taking a walk or going on a jog allow self-conversations to take place alongside. At these times we give less mental energy or attention to the conversations i.e. we can have a merged conversation so that the respective action is not affected adversely in any way. We can choose how much mental energy to give to the activity, depending on the karma alongside.

## Feeling

Our actual words only form a tiny percentage of the communication. Communication is made up of mostly feelings. Whether you like it or not, your feelings will definitely be revealed.

If you like or dislike the person you're communicating with, then everything within your whole being will communicate your feelings. Before opening your mouth, check the feelings behind the words.

## Soul Sustenance

### 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.

### **Message for the day**

**To be open to change means to experience constant progress.**

**Projection:** We usually judge the situation according to our past experiences and we don't want to change our responses to the situation. Because we have succeeded once we feel that the particular response will bring us constant success.

**Solution:** We need to learn from our past experiences but also need to take care to be open to whatever new learning the situations may have to offer to us. When we keep learning from every new situation that comes our way we will be able to experience constant progress.

