



### **Tolerance**

Tolerance means to bounce back even when thrown against a very hard wall. The ability to do this comes from sensing that life is a game and that all things move in cycles. What is uncomfortable now will soon change.

Tolerance is like saying yes to the game and enjoying it.

## **Shedding Off The Attachment To A Positive Past (cont.)**

**Excessive attachment to a glorious past is a subtle shade of the negative emotion of ego which colors my present perception of external events and which affects my present actions and responses, as a result of which not only present but my future is also affected.** As I hold on to it, my creativity is reduced and I do everything with a limited perspective, not letting myself grow and shape up a glorious present and future. There are some people whose goal is to achieve something so great in their lives so as to ensure they will gain recognition and respect by others in time to come. This is again a subtle shade of attachment and ego.

But shedding off this type of attachment is not easy and first requires the realization that this attachment is incorrect and damaging. The next step is sitting in silence and becoming aware of how you lose your identity in a story of past thoughts, feelings, emotions, attitudes and actions and then disassociating or detaching yourself from that story. **You do not need to suppress or deny or fight with this story; otherwise its memory gets stronger and more overpowering.**

You just need to simply see and realize deeply that your past is just a record of a particular set of actions, which you committed at a particular point of time, it is a series of images of previous events that you witnessed and that you were a part of, all of which have left a record in your memory, and in the memories of others, but they are not what you are. This type of practice of disassociation with spiritual understanding fades the excessive memory of the story in your consciousness over a short period of time and these actions then cease to influence you in any way in the present. Here we are talking about an influence, which we have for long deceived ourselves into believing to be a positive one, but which in reality is not.

## Soul Sustenance

### Where Does The Supreme Soul (God) Reside?

Where does the Supreme Soul (God) live? Is there somewhere I can go to see him, to be with him? Since he is a tiny star-like soul (energy) it is obvious that he does not pervade the physical universe. In fact he is beyond it. He is in one location and when I discover that location, I can connect with him with my mind wherever I am and whatever I am doing.

The **home** of the soul (from where the soul has come on the world stage) and the Supreme Soul is the region of subtle, golden-red light, the incorporeal world or **Shantidham**, which is a world beyond the five elements which can be visualized during meditation. It doesn't mean that the Supreme Being is millions of light years away. I can reach him in one thought, just as a correctly dialed telephone number connects me. He is only one thought away from me. In this region of absolute stillness, silence and purity, God, the Supreme Soul is able to remain perfectly stable, constant and unchanging, while the rest of the universe and the souls are changing around him, coming in the cycle of happiness and sorrow. The Father's home is also that of the children. Some people think that he dwells (resides) in the heart of human beings. In a figurative way he does, his love and other virtues are there in our hearts, but his real home is the soul world.

### Message for the day

**To let go of worry of the problem is to find the right solution.**

**Expression:** When the mind is caught up with any problem there is a great difficulty in finding solutions. Instead when the mind is free from worry, it finds the answers that lie within. So whatever the kind of situations or problems, the one who is free from worry is the one who is able to respond to the situation in the right way. Nor does such a person take time in making decisions during challenging times.

**Experience:** When I only continue to worry about my problems it is like cursing the darkness. It will not bring light. All I need to do is light a little lamp and I will find the light coming in slowly spreading all around. I find that it is very easy to find the solutions that are already within me.

## **Be a Master**

When the energy of our consciousness is out of our control - the mind is agitated. We are being emotional. The solution is to detach from the inner storms, stand back and observe the hurricane pass. Detached observation withdraws the energy which your emotions require to sustain themselves. When you watch your own anger, it dies. If you don't detach from it, and observe it ...it will be your master. Today is the day to practice positive, detached observation, and each emotion-filled moment is the opportunity. This is 'real' work. The work of one who is a master of their own consciousness. Are you a master or a slave?