



Lombard Street, San Francisco, the most crooked street in the world

The Way

If things are not turning out right, even when you feel you are doing all the right things, then just consider it to be the way to make you strong.

Habits

The more we work with a habit the more it will be strengthened. When we hold on to old habits because of our rigidity, we will never be able to change them but will only be strengthening them all the more. On the other hand if we have the aim of adapting to the situation and create a new pattern of behavior we will be able to give up unwanted habits very easily.

Reaching The Destination Of Peace On Time

The objective of meditation has always been reaching the destination of inner peace. The process of meditation is like a journey to that destination, which many human souls have undertaken since thousands of years. After a life and in fact many lifetimes of indulging in habits of anger, fear, ego, sorrow, jealousy, hatred, greed etc. all of which blocked our access to this inner pure emotion and made us believe that these are normal emotions, believing completely that our true nature is peaceful, which is an experience opposite to all these; might seem difficult at first.

Only our own experience can lead to a change in our deeply held beliefs, which then makes it easy for us to incorporate peace as an integral part of our personality.

As you dive into you own consciousness, with the objective of searching for and reaching your subtle destination of inner peace, you will encounter some distractions in your journey. Some of the most important of such distractions include:

* **thoughts in the form of negative memories of the past**; over-thinking about the **present scenes** and **day-to-day actions** in your life; desires, worries and unnecessary thinking related to the **future**, waste thinking about the **natures and actions of people** whom we come into contact with the most, etc.

* **the inner, subtle voices of the many incorrect beliefs**, which we have picked up from people by whom we have been surrounded since we were small;

* **thoughts and emotions related to deep habits of identifying with and getting attached to things we are not**, like the physical body, material possessions, people, our role in society, money, places, opinions or viewpoints, hobbies or interests etc.

Soul Sustenance

Important Understandings on Reincarnation (Part 2)

5. Each time a soul leaves an old body and takes a new birth, it carries its *sanskars* from the old birth into the new one. Other *sanskars* that can be present in the new body (apart from the ones **from the previous birth**) are:

- ***sanskars* from parents**
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- ***sanskars* accumulated during the new birth** e.g. from siblings (brothers or sisters) or from friends, also those picked up during education and more
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- ***sanskars* of will power** (the ability to bring about changes in the self using will power)
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- **original *sanskars*** of peace, love, purity, bliss, joy and power (the ones that were present in the soul when it first came down from the soul world into the physical world to play its part)
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Out of these five types of *sanskars*, in each soul, the *sanskars* that are visible at different stages of life are varied e.g. in some soul, *sanskars* may be completely different from the ones the parents possess, because the *sanskars* from the previous birth are more visible; in another soul, *sanskars* of will power may be intense, the soul may have brought about a lot of transformation in its personality since the time it was born; in a third soul *sanskars* from parents and friends may be most visible; in another soul, practicing meditation, original *sanskars* may be more visible, etc.

(To be continued tomorrow ...)

Message for the day

To remain in peace is to give support to those around.

Expression: If there is inner peace even when there is negativity all around, there is the ability to give support to those around. The biggest service that one can do is to give this support to those in need during challenging times. The one who remains in peace even in chaotic conditions becomes an example also.

Experience: When I am able to maintain my own inner state of calm under all circumstances, I am able to learn from everything that happens. I am able to bring benefit for those around me because of the vibrations of positivity that I am able to spread. I become a source of inspiration and support for all those in need.