



Do not look for peace outside, for it lies within the soul.

Check and Change

To check and change thoughts and feelings constantly is to ensure positive change. The one who has a constant check on his own thoughts is able to bring about a change in them. So thoughts when changed to positive bring about change in words and behaviour too. There is no negative waste, or even ordinary behaviour. There is speciality revealed in every act. When I am constantly aware of the quality of thoughts I am creating at each moment, I can keep a check on them. My thoughts are not just positive, but powerful too. These powerful thoughts create a positive impact and I experience constant success.

Empty Handed We Come And Go Away (cont.)

Continuing from yesterday's message, a soul who does not cling, **is easy natured, who wears the clothes of its roles and responsibilities, but not very tightly, experiences constant happiness and serenity and connects with everyone or everything, but yet can disconnect whenever required.** This is true inner freedom. **Such a soul always smiles and coming in contact with such a soul is soothing.**

Such a soul is a liberated carefree emperor and gives a comfortable feeling of liberation to everyone and everything it touches or comes in contact with. On a lighter note, if you are still not convinced about living a life of detachment, you can start with asking yourself, do you enjoy interacting with someone who likes to possess or cling or control or someone who does not? What is a more empowering and comfortable experience for you? The answer is obvious.

Once we get convinced about the idea, we will be courageous enough to challenge **internal pressures like old thought patterns, habits, beliefs, past experiences and external pressures in the form of real life challenging situations, the information that we receive from outside and of course our friends and loved ones** who will try and convince us to take the opposite path of attachment in subtle or non-subtle ways.

Along with inner conviction, becoming aware of ourselves as spiritual beings through meditation, which will help us rediscover our real and authentic being, will also assist us immensely in this process and will provide us the power for the same. Meditation helps us empty ourselves of all that is unnecessary or excess waste inside us and discover the essential, which is precious, as a result we feel full and complete inside, and we no longer desire to possess or hold on to anything physical or non-physical. Hence, we very naturally, without much effort, start living our day-day life without depending on the crutches of attachment.

Soul Sustenance

“Karmas” In Spiritual Consciousness (Part 1)

The soul creates its destiny according to the karmas or actions it performs. Vikarmas or negative actions are those actions performed in body-consciousness. Sukarmas or positive actions are those actions performed in soul and Supreme Soul-consciousness. Given below is a list of differences between the two:

Body Consciousness: The soul is influenced by any of the vices; principally anger, greed, ego, lust or attachment.

Spiritual Consciousness: The soul brings its original qualities of peace, power, purity, love and bliss into action

Body Consciousness:The soul is unable to settle its past karmic accounts and so karmic debts accumulate.

Spiritual Consciousness:The soul balances out its karmic debt and actually begins to accumulate or store credit.

Body Consciousness:Actions cause sorrow and loss for the self and others in contact.

Spiritual Consciousness:Actions fill the self and others with happiness and peace.

(To be continued tomorrow ...)

Message for the day

True honesty brings clarity about the self.

Expression: Honesty doesn't mean just speaking the truth. Honesty means being clear with oneself. Then it naturally brings clarity about one's own capabilities. This clear understanding enables one to do the best according to the capacity. It gives the recognition of a higher step that can be climbed and brings the humility to learn from the different lessons of life.

Experience: When I am honest I am able to know my own limitations and accept them with love. This acceptance keeps me busy with what I can do and also silently makes me ready for the next step. When time comes, I am able to do it, because I have already prepared myself for it. I don't stop when situations demand more from me because there is total clarity within.