



The Great Blue Hole

Resolve Conflict

There has probably never been a time where there has been so much fear and conflict across the world, not just across oceans and borders but across the breakfast table. In fact many now prefer conflict to peace, as they become addicted to the actions of anger and aggression, and the adrenaline rush which results. They don't really want conflict to end, in fact, they will say that some conflict is good to get things done and stimulate change. They are not aware that they are killing themselves. All conflict is simply a symptom of attachment to a position. And as we know, this generates fear, and fear, if allowed to stay, eventually kills it's host. *All solutions are based on detachment or letting go.* But that will be difficult until we can see that all possession is an illusion, that we have nothing to lose and that there are no victories in winning. relax7

Inner World

When I observe the inner world of my thoughts and feelings, I can develop new ways of responding to situations and events which help me to keep a positive frame of mind. For example, I may constantly become fearful and upset about ill-health which only makes it worse, but a period of illness could offer me a space to get off life's roller coaster for a while, to rest and look at how I have been living. I may see ways of improving my attitudes and actions. That realization itself brings fresh hope and happiness. As long as I keep looking inside I do have a choice. Why choose worry, which will harm me, when I can opt for positive approach which will uplift me.

The Subtle Forms Of Fear

One result of being afraid is doubt. When a person is lost in a sea of doubts, they cannot believe in the solutions and answers that come to mind, they are not even willing to try them and experiment with them to see if they work.

Doubts can go to the extreme of creating such uncertainty and insecurity that the person suffers mental paralysis or emotional seizure. Then, they can enter a state of panic and become paralyzed to the point of not finding the initiative to be positive. The mind is filled with questions related to **How? What? Why?**

These questions are not asked in order to find answers but to prolong the doubts, or to remain on the defensive, or in a state of lack of commitment, where the person really does not want to listen or know.

Asking with the objective of being informed is different from doubt. When someone wants to be informed, they ask constructive questions with an openness to learn and willingness to experiment. When there is fear, expressed in the form of doubts, jealousy, secretiveness or a competitive attitude, there is no willingness to learn. At the heart of all this is the fear of loss, whether it be of a person, position, possession or one's own image. Fears cause dependence, expectations, and conflict with oneself or with others.

Soul Sustenance

The Five Spiritual And Five Physical Elements (Part 2)

There are three entities around which the whole World Drama revolves – **the Supreme Soul, the human souls and nature.** Nature includes everything non-living like mountains, rivers, seas etc. and living things like plants, trees etc. It also includes living beings like animals, birds, insects etc. which are souls with a lesser evolved intellect than human ones. The human body also comes under the category of nature.

These three entities are in the form of a hierarchy, the Supreme Soul is the most powerful at the top of the hierarchy, in the middle are the human souls and at the bottom of the hierarchy is nature. The Supreme Soul always remains an Ocean of the five virtues **peace, purity, wisdom, love and joy** and is the only entity in which the balance of these virtues is always maintained right through eternity.

In human souls, as explained yesterday, in the beginning of the world cycle, in the Golden Age, these virtues are in balance. As human souls come down in the birth-rebirth cycle and start becoming influenced by body-consciousness or the five vices - anger, ego, greed, attachment and lust, all spiritual building blocks or virtues - peace, purity, wisdom, love and joy start getting depleted. In each soul, some virtues get depleted more, some less.

In each and every soul the depletion is different depending on its actions e.g. in some soul the depletion of peace is immense compared to the other because of picking up sanskaras of anger on its journey and bringing them into actions or in some soul the depletion of joy is immense because of picking up a lot of attachment on the way etc.

This depletion of the five spiritual elements or virtues upsets the balance between them. This depletion and imbalance causes negative spiritual energy waves or vibrations of sorrow, anger, impurity, hatred, fear etc. from human souls to spread in nature and starts having a negative influence on the five physical elements earth, air, water, fire and sky and even the five spiritual

elements peace, purity, wisdom, love and joy in the souls of animals, birds, insects, etc. upsetting the balance of both.

This is because nature (as defined in the above paragraph) is lowest in the hierarchy, lesser powerful and easily influenced by the energy that human souls transmit or radiate. This double imbalance of spiritual and physical elements results in peacelessness, sorrow, illness, poverty, natural calamities, accidents, ecological imbalances etc. When all of these reach their maximum extent, that Age is called the Iron Age. This is an interesting principle which needs to be understood clearly.

How do we restore the balance of the spiritual and physical elements? We shall explain that in tomorrow's message.

Message for the day

Introversion helps us to manage our thoughts better.

Expression: With introversion we can very easily manage our thoughts since our mind will be free from waste and negative. Also when we are introverted, we find that there is no need to think as much as we do, but the thoughts required emerge effortlessly. Thus we are able to use our thoughts powerfully.

Experience: When we find ourselves having a lot of thoughts due to some situation, we only need to sit in silence and practice going within ourselves instead of thinking too much about the situation. We need to make an attempt to experience the peace deep within ourselves and we will find ourselves getting calmer.