

HAPPY MAKAR SANKRANTI



Think Big

Rise above little things. Be a big thinker. You are what you think. So just think big, believe big, act big, dream big, work big, give big, forgive big, laugh big, image big, love big, live big. Carry that list and you'll start feeling big. Be a believer and you'll be an achiever.

Reaching The Destination Of Peace On Time (cont.)

In yesterday's message, we had mentioned the main type of distractions that you might face in your journey to the destination of peace. The secret of not getting affected by each of these distractions is very simple - **do not interact with any of them on a subtle level by giving them your mental energy of attention, but avoid them, detach yourself from them, just observe them and let them go**, remaining completely focused on reaching your destination.

Imagine you are driving to your office on the highway and you are very late. There are a large number of different vehicles which you pass, either travelling in the same direction as you are or coming at you from the opposite side. You are even familiar with a lot of these people sitting inside these vehicles, because you see them every day, but you don't even spare a second to glance at them because if you did you would lose your focus and be delayed, you would fail to reach your destination, your office in this case, on time.

Meditation is exactly like this. Just as you cannot empty the highway full of vehicles, because you are in a hurry to reach office, **you cannot empty the highway of your consciousness of all thoughts, emotions, beliefs, worries, opinions, desires, memories etc. some of which are even very familiar to you, just because you want to get to the destination of your inner peace.**

Let all of these, like the vehicles, come and go, but all you have to do is avoid them and focus on reaching your destination on time. It's as if, by the way you are driving, your body language, in this case the subtle energy of your determined thought, word has spread through the highway of your consciousness that you will not be sparing a second to even glance at any one of these on your way.

If with a momentary loss of self-awareness, you do start giving attention to them, and you get lost in one of them, remind yourself subconsciously, "I am on my way back to the destination of peace, peace that I am." This will help you regain your focus and before you know it, you will realize you have arrived; you will experience your destination i.e. the peace within, and will completely believe that you are that. And it will be the most blissful experience that you have felt in a very long time.

Creativity

True creativity is to bring newness at every act. Creativity doesn't mean creating something new or just to do the same things again and again in different ways. If we do that, since the seed did not change, the result (the fruit) remains the same. So we need to understand and creatively use all resources available to us. Whenever we seem to be going round and round in circles, we need to check how creatively we are using the resources that are available to us. We then need to make extra effort to think of something that we have never tried before.

Soul Sustenance

Important Understandings on Reincarnation (Part 3)

6. The world's population is increasing at such a rapid rate, indicating that the souls already here are taking rebirth and also that there are new ones coming down continuously from the soul world.

7. If one believed that one will receive the fruit of one's actions, if not in this birth, but in another one, a person would surely feel less inclined to perform negative actions.

8. Without reincarnation, it is impossible to explain how every soul has reached its present peaceless state. Thousands of sins have been performed by each soul in its past births under the influence of the five vices – lust, anger, greed, ego and attachment. Due to this, *sanskars* of those vices have accumulated over the soul. The burden of these *sanskars* weighs heavily on the soul and causes it unhappiness in the present. The present cycle of birth and rebirth is fast approaching its end. It is precisely at this time that the Supreme Soul can relieve us from this burden.

Message for the day

Cooperation brings easy success.

Expression: To work together is to allow the specialities of each and every individual to be contributed in the task to be done. There is an ability to appreciate others and their contribution. There is no ego of one's own specialities but a true and natural appreciation of everyone around. So there is success for the task and for the person too.

Experience: Whenever I am involved with others in doing something, the task is important in itself but when I understand the importance of cooperation I am able to recognise the specialities of each and every individual. I am able to have faith in the other person to make his own contribution and I give the space for him to do so.