



Silence

Behind all creation is silence. Silence is the essential condition, the vital ingredient for all creation and all that is created. It is a power in its own right. The artist starts with a blank canvas - silence. The composer places it between and behind the notes. The very ground of your being, out of which come all your thoughts is silence. The way to silence is through meditation. When you arrive in your own silence you will know true freedom and real power. Stop, take a minute, and listen to the silence within you today.

Checking Myself On The Stage Of Action

Once we become aware of the possible types of thoughts that the mind creates at different times in the span of a particular day, then we are in a position to keep a check on our thoughts and understand where our energy is being wasted. Once we realize that there are patterns of waste and negative thinking at some times during the day, which are usually triggered by certain situations or people, we can apply a brake on the pattern of **habitual negative thinking**, thereby transforming this energy wastage into something more positive.

It does happen, that when we are informed about the benefits of meditation for the first time, perhaps in a course or a presentation either in the office, in a center of a spiritual organization or elsewhere; we realize the need for the same but we also feel that, in order to get the house of our minds in order, we need to leave our busy city lifestyles behind and head for the hills. There, we think, we will find the time and the physical and spiritual environment to practice meditation and get our mental state in order, but this is absolutely untrue.

While going on an occasional spiritual retreat is certainly useful and recommended for the development of the spiritual self, the real workshop is life itself. **Even if I am able to maintain a positive and powerful state of mind in a retreat, it is in our daily actions and relationships with others where the challenge lies, it is on the stage of action or *karma kshetra* that we have to check whether we can remain soul-conscious** i.e. in the awareness of our spiritual identity. It is here where we have to see whether we can apply the brakes on patterns of negative thinking, establish and maintain patterns of positive thinking and test whether we have reached the stage where, no person or situation, however negative, can disturb our state of mind.

Purity

To be pure is to become an instrument to spread positivity. The one who is pure and clean inside is the one who reflects his purity through his words and actions. Such a person's thoughts are powerful having a positive impact on the thoughts of others too. There is such clarity inside that others are able to take inspiration from him to do what is right. When I am honest with myself, I become more and more pure and clear inside. This purity reveals the power of truth and I get all the more powerful. I don't allow anything negative to influence me and take away my inner purity. This purity becomes a source of powerful inspiration for everyone around.

Soul Sustenance

The Law of Cause and Effect

To imagine how the law of karma works, consider what happens when we throw a stone into a lake: it causes ripples that spread out towards the shoreline, before returning to the centre point.

Human beings constantly emit energy. We create thoughts, emotions and feelings that transmit vibrations. There are people who tend to radiate energy and others who tend to absorb it. The energy we give off hits other people and rebounds back to us. From this law we should understand that if people send us energy that is not very pleasant, perhaps it is because on another occasion we sent out this type of energy, although it may have taken a long time to come back to us.

If we make an effort to give off positive energy, with love and respect for others, this energy will also come back to us. Positive energy creates a higher vibration than negative energy. Radiating positive energy produces an aura around us that protects us from negativity or from feeling hurt or humiliated. Our ego, which causes the radiation of negative energy, makes us susceptible to criticism, lack of respect and slander. If our ego does not take over, the negativity will not touch our inner selves.

Message for the day

The best comparison is the comparison with oneself.

Expression: The one who is comparing oneself with what he was and seeing how he can improve or how he has improved is the one who is constantly bringing about progress in his own life. On the contrary the one who is comparing himself with others is the one who is constantly finding excuses and leaving behind the opportunities that he gets for bringing about a change.

Experience: When I am free from excuses and free from comparison with others, I am able to be light even in the most challenging circumstances. I am not caught up with my own mistakes or those of others, but am able to constantly add on to my treasure store of experiences and be richer and richer with every new challenge faced.