



Torres del Paine, Chile.

Patience

Patience is a reflection of the peaceful mind. My peaceful mind is able to cope with all situations without becoming disturbed and agitated. It calmly accepts the resolution of circumstances and, with this patience acquires the power to deal with all situations.

Empowerment

Each point of true knowledge is a powerful tool that we can use in our practical life. It brings about an understanding that gives us the ability to accept the situation. It also gives us the power to deal with the situation in the right way. Whenever difficult situations come our way, we need to see what we can understand from that situation and imbibe in our lives. When we make a constant practice of taking the learning the essence from every situation, we will be empowered to deal with the situation in the right way and thereby be enriched too.

The Triangle Of Spiritual Energy

Harmony within the self and with others is based on the accuracy of three aspects of remembrance: the ability to **disconnect**, **connect** and **reconnect**.

When I **disconnect** my thoughts from outside influences, stepping back from actions and words, then I can go into silence and connect with the self. To plug into the self, I use the thought: ***Om Shanti*** or ***I am a peaceful soul***. This thought is the current that activates my eternal resource of peace and the qualities that emanate from this peace. The first step in meditation is always to connect with the self: what we call the inward step.

The next step in meditation is vertical, where, within one second, my concentrated thought **connects** my mind with the Supreme Source of Peace.

Silence and love give the mind wings to break the pull of gravity and to fly and unite with the One, who is the purest point of energy in the universe. This vertical connection from the point of the self, the soul, to the point of the universe, the Supreme Soul, gives the mind fresh new energy. This fresh energy is divine spiritual power and cannot be found in, or taken from, a human being. Therefore, if I wish to recharge myself, to rediscover and restore the original balance and harmony within myself, the second movement made by my mind must be vertical.

(To be continued tomorrow ...)

Soul Sustenance

What Are Thought Vibrations?

The word atmosphere has two meanings. One refers to the physical air around us and the other to the more subtle effect that thought vibrations create in a particular space. No one can deny that the atmosphere of a crowded restaurant is different from that of a temple. This is mainly because of the effect of different types of thoughts and feelings in that space. Even someone deaf and blind would have the ability to pick up the difference. Sound vibrations are invisible but their impact isn't. A pneumatic drill or a jet breaking the sound barrier jolt both our minds (non-physical effect) and the walls of our houses (physical effect).

Thought vibrations can't be seen but their non-physical as well as physical impact is even more powerful and influential. The panic that people generate during a stampede or an earthquake and the euphoria (absolute joy) of victory in a World Cup final cricket game are examples of how thoughts create an atmosphere.

On a subtler level, many of us have the experience of basic telepathy - ' I was just thinking of you and you called'. Thoughts connect individuals over large distances. Doctors inform us that over 90% of the physical body's illnesses have a psychosomatic (mental) origin i.e. they are a direct or indirect result of our state of mind. That makes the human body the prime example of how thoughts affect matter.

Since the world is made up of the collective, personal worlds of all individuals, then it's easy to see how the international political, economic and social atmosphere is nothing more than the collective effects of all our thoughts.

Message for the day

The way to get blessings is to be open to learning.

Expression: We do get both negative and positive situations in our life. When we are faced with negative situations we usually expect blessings from God or someone great by which the negativity in our life will fully finish. But it doesn't usually happen so.

Experience: The method to receive blessings is to go on learning from the experiences of life. To learn means never to repeat mistakes by learning from whatever has happened. This learning acts as a lift for us, which takes us forward.