



Valley of Flowers in Uttarakhand (Indeed nature's secret garden from India)

## **The Colour of Flowers**

Leave worries aside and you will be surprised by the beauty of the sky and the colour of flowers, of the freshness of the breeze and the generosity of the sun. You will feel you are part of creation, and life will start to make sense. The greatest wealth is to appreciate what we have and what we are.

## **Look at Specialties**

The usual reaction to negativity is to be negative too. The perception of this negativity tends to make me feel disheartened and I tend to lose my inner happiness. Once I have perceived the negativity, even if

I do try to forgive the person and forget the harm done, I find it difficult to do so. When I see someone working with some negative quality, what I need to do is to look at the positivity that is hidden behind the perceived negativity. The more I am able to look at people's specialties the more I am able to forgive their weaknesses and this keeps me constantly cheerful.

### **Transforming The Anger Of The Other**

**In meditation, when I connect with God, I absorb His spiritual love and peace, which causes my own original qualities, which are present in me, the soul, in my pure state when I begin the playing of roles through physical bodies on the world stage, to come to the forefront or to the surface, to emerge in the conscious from the sub-conscious.** As a result, now, where previously there would have been conflict, I have a greater capacity to remain peaceful when another person behaves in an unpleasant way with me. I have the power to stay mentally and emotionally stable when someone provokes or insults me. This power is enormously valuable in life, enabling me to cool heated situations, and even remove another person's anger altogether.

**Instead of focusing on the anger on a person's face, I focus my attention to the non-physical, star-like being or soul within the person, which was peaceful and loveful in its original, pure state.** This increases my tolerance and acceptance power. Also, through my meditation, I am actively aware of the spiritual bond all human beings share, as souls who have a common home of peace, the incorporeal (non-physical) home, from where all of souls come and a common connection with the One Supreme Father, the Supreme Soul. Through this knowledge, I connect with the goodness in the other soul and my love for the soul is maintained. I realize that this goodness is a deeper reality than the anger. The truth is **that if I can hold this soul-conscious vision steady for**

**long enough, I radiate positive energy to the other soul, which works like magic and awakens the goodness within the other person.** Then, my tolerance bears fruit and peace really does prevail between the two of us.

## Soul Sustenance

### Resolving The Inner Identity Crisis (Part 2)

In yesterday's message we had explained how the confusions, complications and problems that exist in our world today and the state of human relationships all over the world, are simply a reflection of our lack of inner clarity about who we are, what we are and where we are heading i.e. a lack of true self-identity. So how do we resolve this internal and external turmoil? There is an **original, beautiful self, with characteristics of peace, love and happiness that exists within each one of us**, the self from which we have been distanced since a very long time. This is a centre full of the spiritual resources of all virtues and powers. Reaching it is a journey of only one second and no distance. **By identifying with this inner centre, a centre which is imperishable, unchangeable, constant and even eternal, my self identity becomes strong and stable**, as compared to many false identities based on external realities like position, wealth and material possessions which are all perishable and subject to various ups and downs even in one single day, and if we over identify with them, we are bound to experience constant pain and discontentment.

This process of true self-identification is not a renunciation or avoidance of the way the outer world is but it is a healing process for your inner world. It is an internal correction process of identification, whereby you rediscover your true self as a complete being full of positive emotions that you always were and you start identifying with it, doing which very easily helps you let go of the wrong identifications. This process is commonly called meditation, the foundation of which is spiritual wisdom. Once this inner work is done, the outer world starts taking the shape of a reflection of that. Resolving the

identity crisis first changes the way our internal and external world looks to us, as a result changing the way it works.

### **Message for the day**

**The one who has the balance of flexibility and discipline is the one who is constantly successful.**

**Expression:** It is of course necessary to be flexible but if we are so flexible that others take advantage of us it is not right. So we need to have a balance of flexibility and discipline i.e., to be flexible within the rules and code of conduct.

**Experience:** It is necessary to take care that the flexible nature within us doesn't waste our time or other resources. We have to be able to say no if the situation demands. But whatever we say has to be told with love, which comes when our nature is that of flexibility.