



### **Talk Lovingly To Yourself**

Learning to talk properly to the self is a spiritual endeavour. When you make a mistake, do you talk lovingly to yourself in your mind, or do you tell yourself off? One habit recognizes your divinity; the other subtly shapes a nature of sorrow.

## Seven Techniques To Let Go Off The Past

Almost each one of us carries a heavy or subtle burden of negative events and happenings that have taken place in our life sometime in the past, either an immediate past or a far-off one; which reduce our present contentment levels immensely. The negative past could be of any form - you experienced the loss of a close loved one due to a break-up or sudden death; you went through a serious physical illness or a very lean phase of financial loss, you were abused on a mental or physical level; you were not treated properly by a colleague at office and undue advantage was taken of you; you performed an inappropriate action and you repent up till now, even after many years have passed, and many such similar and different types of incidents.

There are three different types of processes for removing negative past memories from our consciousness:

\* **Modifying** - A negative past event is modified into a positive, beneficial form and then stored in the consciousness.

\* **Forgetting** - Memories of a negative past event are forgotten and do not exist either in our conversations or in our conscious mind or thoughts, but traces of those memories exist in the sub-conscious mind.

\* **Erasing** - No traces of the negative past exist in the consciousness and memories of it are completely removed from the sub-conscious also.

We need to take the help of all the different aspects or techniques of spirituality and not depend on only one or two for these removal processes. In the next two days' messages, we will explain all these different techniques of spirituality, which if incorporated in our life, help us experience lightness and emotional freedom from the past. All of them have their own unique importance.

(To be continued...)

## Desires

Desires, in any form make it difficult to enjoy what is available and appreciate what is attained. All effort goes in attaining something else and life becomes a constant struggle. The one with desires is constantly using his resources without having an experience of the attainments that he gets. If I am free from desires, I am rich because I am content with whatever little I have and I am happy putting in effort to be better with that little. I am able to appreciate the little things that I achieve and it becomes an added resource for me. So I constantly experience the true richness of life.

## Soul Sustenance

### Varied (Different) Concepts About The Supreme Being or God (Part 2)

There is an endless variety of human theories and concepts which appear to create confusion and even hatred among people when they are opposed to each other, but ultimately I must ask myself how far "I", the individual, have the experience of His powers and qualities.

The basis of forming a relationship with anyone is knowledge of who they are, what they look like, where they are from, and what they do. Similarly if I am to have the awareness of myself as a soul, and emerging from that, a close relationship with God, the Supreme Soul, then I must know:

- **Who He is?**
- **What His form is or what does He look like?**
- **Where He is or where does He reside (stay)?**
- **What His personality traits or sanskars are?**
- **What His acts or karmas are?**
- **What is my relationship with Him?**

God is living and real, not a matter of scientific research. It is necessary for me to re-establish a living relationship with Him, on the basis of complete knowledge of Him. My connection should not be based on the fears and superstitions of the past.

## Message for the day

**Negative situations can be transformed into positive with the power of stability.**

**Expression:** When faced with a negative situation, usually the mind gets affected. Lot of questions arise in the mind that don't allow us to be stable at that time. Because of the thoughts in our mind, although it is in our hands to work at transforming the situation we don't make use of this opportunity but only end up adding to the negativity.

**Experience:** In a negative situation, it is necessary for us to maintain our own inner stability. We need to free ourselves from wasteful thoughts. Then the negativity in the situation will finish, first in our mind and then in the situation itself. Our own internal stability will help in finishing the influence of the external situation.