



### **True Peace**

True peace can be experienced only when we stop giving and taking sorrow. In order not to give sorrow we need a clear heart that has no ill feelings and for not taking sorrow we need a big heart that can tolerate and help other souls to get over their weaknesses.

## Vision

Sometimes we find ourselves reacting to even small situations. Our feelings are also dependent on the different situations we face. We do try to change our feelings of negativity, if they do arise. But sometimes we are not able to, either because of our personality as a whole or the personality trait that we are working with at that time. If we have to change our reactions to the different situations that we are faced with, we need to change our vision, i.e we need to change the way we see things. We need to understand the situation as it is and not let it be coloured by our own personality traits. When we see things as they are, we are able to act in situations instead of reacting.

### Taking Charge Of Your Responses In Close Relationships

In relationships with your loved ones, when looking at the other, sometimes positive emotions are generated and sometimes negative. On the one hand, joy, love and happiness is generated on being with them; but then attachment, dependency and expectations are generated. **In such situations, you are more focused on others and are always looking at the other person's behavior, you stop seeing yourself and being aware of your reactions and taking the responsibility for the responses that you create.** You get frustrated when the other person does not meet your expectations. As you depend on them, if they don't act as you would like, if they don't reach home or call you at the time you would like; all this frustrates you. You radiate this energy to the other: "they are not doing what they should be doing," and so you feel frustrated and discontented.

All the while that you hold the other one responsible for your frustration, you are not in charge of your own reactions, because you have given power to the other to dominate your emotional world. It is there that you lose your freedom. **You lose your freedom because you give to the other, in the name of love, power over your own moods.** You allow the other's energy to enter your inner world and cause inside you **frustration, bad moods, irritation, sorrow and a mental and emotional dependence** where you are constantly thinking about where they are, what they have to do, what they have to say, where they have to go, and all this consumes a lot of your mental energy. Wanting to control the other and the frustration that it brings with it uses up a lot of emotional energy.

## Soul Sustenance

### Open Spaces of Silence

One of the aims of meditation is not to stop your thoughts but to slow them down so that you may find and enter the silence between and behind your thinking. This is a little challenging at first but the more you practice the easier it becomes.

Think of your thoughts as trains, just as in the common saying we sometimes use the phrase, 'train of thoughts'. Each thought is a carriage of the train and in between the thoughts/carriages is a small gap, a space. The train can arrive at different speeds. Our aim is to slow the train down and become aware of the space between the carriages, in other words between our thoughts. You may even be able to increase that space so that there is the experience of no thought. In this moment you reconnect with the silence (and experience it) that exists always between and behind your thoughts. Don't try to hold it, or you will lose it.

### Message for the day

#### The one who has faith is always victorious

**Projection:** The one who has faith, has total faith in the self and in the progress of the self. The one who has faith is always successful because he gives his best in everything he does. He is never deterred by obstacles but progresses constantly.

**Solution:** When I have complete faith, I am able to experience lightness even when I am faced with my weaknesses, because I have the faith that I am progressing. I am able to learn and improve from everything that happens.

