



Senses are connected to the mind, so let me maintain peace of mind by using my eyes, ears and mouth with utmost care.

## **Originality**

The one who allows himself to be totally influenced by the personality of others is the one who loses his originality. He begins to become increasingly distant from his own original qualities. Thus there is no consistency in his words and in his actions. On the other hand the one who recognizes his own original qualities continues to express them in everything he does. I am never satisfied with anything that happens in my life when I continue to be influenced by the traits of people around me. I truly enjoy each moment when I am in the state of my self-respect that allows me to be in touch with my innate qualities. Then I am able to appreciate the specialties of other people and learn from them without losing my own inner qualities.

### **Different Thought Types (cont.)**

We have explained Necessary and Waste Thoughts in the last couple of days. Today we explain:

#### **Negative Thoughts**

Negative thoughts not only harm you but have an impact on others also. These thoughts disturb your peace and weaken your inner strength. If these thoughts occur on a regular basis, they can cause health problems, both physical and mental. They can even become destructive.

Negative thoughts are based on the five vices primarily - lust, anger, greed, ego, attachment. They are chiefly caused by selfish and harmful reasons, without taking into account the values and inner qualities of the person e.g.

\* I think they should pay me more without having to do any more work to earn it (greed).

Negative thoughts also arise from unsatisfied expectations, in disagreements, in laziness, revenge, racism, jealousy, criticism, hate and an excess of power.

\* My boss never appreciates my work but he always values my colleagues more (jealousy). (To be continued tomorrow .....

## Soul Sustenance

### Reaching the Destination of Peace on Time (Part 1)

The objective of meditation has always been reaching the destination of inner peace. The process of meditation is like a journey to that destination, which many human souls have undertaken since thousands of years. After a life and in fact many lifetimes of indulging in habits of anger, fear, ego, sorrow, jealousy, hatred, greed etc. all of which blocked our access to this inner pure emotion and made us believe that these are normal emotions, believing completely that our true nature is peaceful, which is an experience opposite to all these; might seem difficult at first. Only our own experience can lead to a change in our deeply held beliefs, which then makes it easy for us to incorporate peace as an integral part of our personality.

As you dive into you own consciousness, with the objective of searching for and reaching your subtle destination of inner peace, you will encounter some distractions in your journey. Some of the most important of such distractions include:

\* **thoughts in the form of negative memories of the past; over-thinking about the present scenes and day-to-day actions** in your life; desires, worries and unnecessary thinking related to the future, waste thinking about the **natures and actions of people** whom we come into contact with the most, etc.

\* **the inner, subtle voices of the many incorrect beliefs**, which we have picked up from people by whom we have been surrounded since we were small;

\* **thoughts and emotions related to deep habits of identifying with and getting attached to things we are not**, like the physical body, material possessions, people, our role in society, money, places, opinions or viewpoints, hobbies or interests etc.

(To be continued tomorrow ...)

## Message for the day

**Success comes to the one who has a balance of being a master and a child.**

**Expression:** When we make a contribution in the form of an advice or a suggestion, we usually do it with confidence. That means we are sure of ourselves and we are masters. But the problem usually comes when people don't accept our suggestion. We are then not able to accept their decision or criticism.

**Experience:** We need to have the perfect balance of being a master and a child. It means that along with being a master while giving the suggestions we need the consciousness of a child while it is being heard. That means we are totally ready to accept the comments/criticism that we might be faced with.