



Letting go is simply making a decision to no longer allow something from the past to influence your life in the present moment or to reduce your inner sense of peace and well-being. It is when we hold on to things or to the past that we prevent ourselves from growing. Like a bird, we have to find the courage to let go of a branch in order to fly and discover the true exhilaration of soaring to our highest potential. The less you carry, the further you go. So let go!

To Be Aware But Not Judgmental

On the path of Raja Yoga meditation (taught by the Brahma Kumaris) there is a saying, "See, but don't see! Hear, but don't hear!" which means to remain aware of all realities, including the negative, but not to focus on them. We get caught up in the negative because we react and the reactions are expressed in the form of judgments, accusations, criticism, or labeling. As soon as we judge or criticize, we put everything into convenient boxes and, just as convenience foods are not always so healthy, such conveniences at the mental and attitudinal level are a great danger, because we mentally seal (close) the fate (destiny) of the person or situation: they are like this and so must be treated accordingly. Unfortunately, this is often done in an unconscious way, which is why Raja Yoga meditation is used to bring such attitudes and behaviors to the surface, conscious awareness.

When our vision and attitude remain judgmental or critical, they do so because there is no input of positivity from the self to encourage or allow a positive change. There cannot be a positive output when there is a negative input.

We often work in this way, wanting others to be better in some way, but, instead of helping them, or having faith in them and seeing their good qualities, we hinder (obstruct) them by concentrating on their past, their weaknesses and their mistakes. Our focus is completely negative, but still we expect them to change for the better!

When our awareness is more detached, rather than focusing on what is wrong, we look at how we can put something right by contributing a positive feeling, or attitude. This anonymous (not known to anyone) contribution is a generous act, which offers a solution, instead of the usual complaints by critical and judgmental people.

Soul Sustenance

The Pledge Of Responsibility

A very important aspect of progress in the self and my relationships, which we all desire is restoring a sense of responsibility in my inner world, so that by doing that, I and others around me are benefitted. Even on a physical or non-spiritual level, someone who is responsible while playing his/her role or performing his/her duties either in the family, at the workplace or in some other setting e.g. a club group or a team in a particular sport or a social service group, not only feels content with his/her actions himself/herself but spreads ripples of contentment to others and receives similar energy from each one he/she is involved with. In the same way on an emotional or spiritual level, when I start my day I need to remind myself of my responsibility towards myself. **I need to remind myself that I am responsible for the choices I make in my life which influence and color everyone around me. So do my thoughts, feelings, the way my personality functions internally and externally the whole day and my responses to people and situations, for all of which I am responsible.**

It is like taking a **pledge of responsibility** with the self in the morning that today I will not create a single thought, word or action which is against the texture of my innate, positive nature i.e. irresponsible. And what will provide my pledge the much required strength of determination? An injection of positive thoughts, emotions and sanskaras within me in the morning, using a suitable technique of self empowerment like meditation or spiritual study or some other. **By taking such a pledge of responsibility and by watering it with the energy of my attention from time to time during the day, I am able to implement it and can make a difference to not only the people around me, but to a lot more than that.** In this way, as I change, the world around me changes, because the energy I create in my inner world starts flowing into my circumstances, my interactions, my sphere of karmas, etc. to make them positive, which benefits me in return in the form of a cyclic process. As I take this pledge and abide by it for a few days, I start realizing the immense potential that it possesses.

Message for the day

Determination enables elevated thoughts to become practical.

Expression: When we have an aim in our life and are working for it, we sometimes are not able to bring into practice all that we plan to do. We then tend to become disheartened and give up after trying for some time. Thus we lose out on the benefit that our thoughts can bring in our life.

Experience: In order to put into practice the good thoughts that we get i.e., in order to make our thoughts practical we need to stamp it with determination. Our words should never be 'I'll try', but must always be 'I will do it'. Where there is determination there is victory.

Live in the Present

Usually the present is lost in thinking about the past. The past keeps coming back again and again in the mind, influencing the present too. So there can be nothing done to enjoy the present. All words and actions then are totally colored by the past. On the other hand, the one who is able to free himself from the influence of the past is able to move positively towards the future. To be free from the influence of the past it is important to have a powerful consciousness of the present. It means to forget the past, because the past is no more. Also there is no worry about the future. When I am able to learn to live in the present I am able to discover how full it is of peaceful moments. I am able to experience my own inner potential.