



Stonehenge, England

### **Like A Star**

At the end of the day, on the wings of your thoughts, go beyond the cares and troubles of the world. Remove your mind from everything and everyone, and become blissfully detached, like a star.

Like a star, be free to radiate light, for your essence is light and peace. Enjoy the simplicity of the night sky, the peace. And then, when you want to, you can shoot down to earth.

## Improving Your Responses By Moving From A State Of Doing To Being

This is a meditation exercise which you can practice anytime in the day when you are busy interacting with someone or a group of people. At that time, create the thoughts below, very, very slowly in your mind. Experience the essence of each thought -

I am a soul and at peace with myself and the world around me... This scene, in which I find myself in, is one of many scenes in which I play a role... Now, I disconnect for a few seconds from what is happening around me... Mentally (not physically), I take a step back and just watch, as an observer, what is happening... I make no judgments - I just observe... As I observe, I see that each soul in the scene is playing their own unique role, according to their capability and understanding, because of which I accept each one completely without any conditions...

I remain patient in allowing this scene to develop in a natural way... I wait for an invitation to participate - it always comes finally... I have no desires from the situation... But, at the same time, I am happy to contribute towards achieving the most positive and effective result... In the meantime I maintain my peace and share the energy of that peace with all around me as this is the most important contribution that I can make... I realize that simply by observing peacefully I am participating positively in this scene...

If you dedicate time to consciously practice the above meditation for a few moments in many actions during the day, you will finally find that you move into this state of just 'being' (while yet 'doing') very, very naturally. **You are not avoiding life or the world around you. Instead, you are learning to take control of your awareness and involvement, disconnect when you want, be more mentally sharp in understanding (what is visible as well as subtle or non-visible) all that is happening around you and give yourself the time and the personal space to respond accurately and positively.**

## **Soul Sustenance**

### **Role Consciousness To Soul Consciousness**

**Experience the following thoughts one after the other:**

I am conscious of myself and of what is around me...

I look at my life as a detached observer...

I observe the different roles I play during the day...

I see to what point I am capable of releasing myself of the role after I have played it and the scene has ended...

I can be myself...

I am freed from my roles and the consciousness of my body with which I play the roles...

I become light, without any burdens, free of weight...

I am only pure consciousness, I am light...

I am a miniscule point of light that radiates from the centre of my forehead...

I radiate the innate qualities of my being...

I radiate vibrations of peace; I radiate vibrations of love...

I am peace, I am love, I am light...

## Message for the day

**To be accepting means to give a chance to the other person to change.**

**Expression:** When someone makes a mistake there is usually a feeling of guilt and a lot of negative feelings. At such a time if there is understanding and love, it helps the other person bring about a change. There will be always an environment of positivity provided by the one who understands and accepts. So anyone in this environment can bring about a change with great ease.

**Experience:** Only when I am able to accept can I bring about a change in the other person. When I accept I am able to see what the other person is lacking and provide him with it. So I am actually giving the other person a chance to change. Also when I accept others and understand them, others too are able to accept me and love me as I am. I find my relationships becoming more and more beautiful.

## Inwardliness

When we are living from our inner self, it means that we are focusing our attention on the internal and when we observe the external world around us, we do not get lost, threatened or frightened by the events. We remain stable and experience the feeling of security and tranquility. The biggest obstacle to Inwardliness is living in our senses - organs of sight, hearing and eating. We lose sight of our inner being. We look at things with feelings of desire, greed, anger, attachment or arrogance. We hear indecent or degrading talk. We utter harsh words or get addicted to the pleasures of the palate. Living in the outward is living far away from the state of inwardliness, the consciousness that brings us serenity, happiness and peace.