



Seeds of Peace

Sow seeds of peace by remaining rooted in the awareness of how loved, lovable and loving you are.

Breaking The Cycle Of Negative Energy Exchanges (Part 4)

One of the root causes of negative energy exchanges between any two people is a clash of personalities or also called clash of *sanskaras* in spiritual parlance (language). This can happen between two people who are wrong or between two people, one of whom is right and the other is wrong and also not very uncommonly between two people who are both right in their own unique way. This happens simply because sometimes personalities of two people are correct, their ways of working are correct, their ways of thinking are correct but they differ. This clash of personalities causes irritation on both sides, which becomes dislike, which becomes anger, causing hurt on both sides. How does one correct this? An important method for this is the sacrifice of the ego. **Very often the cause of negative energy exchanges between two people who are both right is subtle ego on both sides, which ends when one of them sacrifices his/her ego.** It is often said that the one who sacrifices his/her ego, is worthy of receiving the garland of blessings in a gathering of people of varying personalities as he/she brings about harmony in relationships.

The one who sacrifices the ego is mature and humble enough to realize that the responsibility to bring to an end negative energy exchanges with a particular person lies with him. Such a person has a soft intellect and realizes the significance of moulding or adjusting himself as the situation demands and how that can bring to an end the exchange. Such a person is like an ocean of good wishes. He will sacrifice his own interest, sacrifice the *I am right* consciousness, sacrifice the *Things should be done the way I like* consciousness and put the interest of the other first; he will renounce his own name and glorify the name of the other. Such a person will very commonly praise the other and his way of working as well as his personality either individually or in a gathering. Such a person becomes a teacher and friend for the person with whom he was exchanging negative vibes prior to that, becoming an instrument to bring to an end the negative exchange of energy.

(To be continued tomorrow ...)

Soul Sustenance

Overcoming Fears Connected With Negative Past Experiences (Part 2)

The work with oneself to see what aspects of your past burden you and coming to terms with those aspects, requires silence, reflection and meditation. When you come to terms with your own past, you can let go of it and be free of it, not be afraid that the past will come back to you. If not, sometimes, it is like a shadow that follows you. If your house was robbed once, the shadow follows you that, perhaps, you might be robbed again. If they hurt you, you fear it will happen again. Sometimes that experience presents itself in dreams, in the subconscious or in present attitudes. Reliving the past in your mind, you do not fully enjoy the present. **You have to accept the pieces of your past so that they do not continue to generate upsets.** Accept that you had to live through them and live the present with a constructive vision of the future.

In the above context, **it helps to write letters to God about your experiences. The exercise of sharing them with God in writing brings clarity inside you and helps you to bring the spiritual light and might in your life in order not to be burdened by unnecessary experiences, unhappiness or grief.** Have you ever written to God? You could do it at night and tell Him the things that affected you or that you have learned. You can tell Him the things or intimate feelings that other people perhaps wouldn't understand or wouldn't be there to listen to. You could also talk to Him about all that you question, and you do not have an answer to. And the following morning, when you meditate and study a little bit of spiritual knowledge, you often receive answers.

Message for the day

When there is the attention to bring benefit at each step that you take, you will find yourself in constant happiness.

Checking: At the end of each day, check if you are happy with all that you have done throughout the day. If there was a feeling of unhappiness, check if it was because the actions performed throughout the day were either ordinary or wasteful.

Practice: Whenever any important decision has to be made, practice asking yourself if the action that you are going to perform is going to bring benefit to yourself or others. When you make your decisions in this way you'll find yourself in constant happiness.

When promise is combined with determination, there is transformation.

When there is a desire for transformation, we make promises. But such promises are usually momentary and are forgotten as time goes by. But when the promise is combined with determination, we are able to remind ourselves again and again of the promise made. We need to ensure promises are not forgotten. Only then will there be transformation. Today I will take up something that I want to change in myself. I will keep reminding of this again and again. And I will not give up till I achieve it. For this to happen, I will also make a checklist that will remind me of this change that I have promised to myself.