



Vibrations

Every thought creates vibrations. Vibrations are like sound waves or radiations. No obstacles, no hurdles can stop them.

Honest Heart

An honest heart is an open heart. If we are dishonest in any way with ourselves or with others, it means we are in hiding. There is a wall, a barrier behind which we conceal something of ourselves. Subtle tension will be our companion, and while most of us learn to live with it, it drains our energy and tightens our muscles. On the other hand don't be too honest with others - feel their pulse - sometimes others are not ready to hear what's in your heart. But know that when you are honest you will experience a level of inner relaxation that you had forgotten was even possible.

Overcoming Fears Connected With Negative Past Experiences

Some of our fears arise due to the situations we have lived through; for example, if you are driving a car and you have an accident. Then you take some time to drive again, because the memory of the accident awakens the fear of having another one or reliving the one you had. The person that has never had a car accident gets in the car with confidence, because they do not have that scene recorded, since they haven't lived through it.

There are fears that we carry within us that are not of the present. Something happened to us in the dark and we are now afraid of the dark. Fears in relationships: you opened your heart, you fell in love and, after a time, you experienced pain, you felt hurt, misunderstood, manipulated, deceived or mistreated, and now you no longer open your heart for anything; it is closed off with the shields that you yourself have created. To overcome this kind of fear due to experiences you have lived through, you have to come to terms with your past and accept it fully. You cannot change your past; lamenting the past doesn't help you; complaining about the past doesn't benefit you. Those shields brought about by fears do not disappear unless you do a deep cleansing. **Begin to heal your experience of the past. Part of the past is healed with forgiveness. Without forgiving, you cannot forget.**

(To be continued tomorrow ...)

Soul Sustenance

Am I Creating Negative *Karma* – Guilt As An Indicator (Part 2)

An angerholic (one who gets angry repeatedly) hears the internal voice telling him to stop creating mental unrest, harming his body, hurting others and being addicted to the habit and the hormones that get created inside the body due to the habit, but then ignores the voice or drowns it out. This only adds to the inner disharmony (peacelessness) already present and both self-respect and self-esteem are slowly reduced. Any action we do which springs from forgetfulness (body-consciousness) will trigger this inner, spiritual discomfort. Following the action, we might feel guilty for doing something we internally knew was wrong. Any form of guilt **except** the one that is caused by another person i.e. except the case when guilt is caused inside you because another person is emotionally blackmailing you, is the voice of our conscience calling to say that we are acting against the essence, something is out of sync. Our level of guilt acts like a thermometer (an indicator). It shows us when and to what extent we are not aligned to truth. **If we learn to pay attention, listen closely to this inner discomfort and the message it conveys, we will also hear why and how to make corrections, so that we no longer create negative karma.**

Message for the day

The one who fulfills promises with determination is the one who overcome all problems.

Projection: When I see some weakness working within me I usually make a promise to myself with a lot of enthusiasm. But if I face even a little opposition or difficulty in fulfilling this promise, I tend to lose hope and usually give up trying altogether.

Solution: In order to bring about a change in me and fulfill my promise, I need to use the virtue of determination. Every time I find myself becoming careless in it, I need to remind myself strongly of the importance of the promise that I had made. Then I will be able to win over all the obstacles that come my way in bringing my thoughts and words to actions.