



Artist: Vincent Van Gogh-Sunflowers-1888

Your Inner Artist

Today, bring out your inner artist.

Try seeing things from different perspectives. Look for notable things to wonder at, maybe the tiny detail or a big panorama.

Then engage your inner artist in what you do and turn everyday actions into an artistic expression.

Becomes an Inspiration

The one who is able to become an example for others by living his life with quality is the one who becomes an inspiration to others. Then there is no need for so many words to express what has to be done. Whatever is required to be done will be done without having to be told. When I have the aim of becoming a role model, I not only improve myself but also am able to give inspiration to others too. I find that the support and the cooperation comes very naturally and easily. So nothing is difficult for me as I am able to pool in everyone's resources without having to say anything.

Concentration

With some meditation techniques, people are given ideas or mantras, which they often simply repeat. They do not penetrate the mind and do not bring any sense of meaning. People bounce these ideas around like a ball in their mind and, from the mind, the ball of thought is bounced to the mouth. Sound patterns are repeated, but nothing has really been understood. The result of this is that there is very little power generated from within to bring about change in behaviour, or personality. Thus, everything continues in the same way. In these cases, people are not focused on spirituality. As a result, after a while, such people find meditation boring, they fall asleep, or think that by repeating words, either verbally or mentally, they are doing meditation. However, the right type of concentration is not brought about simply by repeating sounds or ideas.

Natural concentration is when the mind can hold a thought for a long time, when thoughts are under our own control.

Without concentration the mind goes here, there and everywhere, jumping like a monkey from branch to branch, idea to idea. When there is a natural concentration, we can control our mind and there is peace. This one-pointed concentration on a thought, holding it for as long as we like, gradually collects strength in the mind and in the self.

A strong mind is a mind that is peaceful, stable, satisfied and can remain in the deeper meaning of a thought. There is no waste caused by over-thinking, or the high speed of thought. These are the two greatest diseases of the mind these days, which is why there is so much stress and mental breakdown.

Soul Sustenance

Effect Of Food On The Mind - Part 2

Food may be placed in one of three categories. Pure (or *sattwic*) food constitutes the staple diet of a yogi (*meditator*). It includes fruits, grains, seeds, sprouts, most vegetables, dairy products and a moderate amount of spices and herbs. Then there is stimulating (or *rajsik*) food which may be consumed in moderation, and includes coffee, tea, colas, vinegar, radishes and spices. Finally there are impure (or *tamsic*) items, such as tobacco, alcohol, nonprescription drugs, all meat, fish, fowl, eggs, stale food and also garlic, onion and chives. These should all be completely avoided. Ordinarily onion and garlic are recommended to non-vegetarians as blood purifiers and to help counteract the buildup of harmful animal fat and cholesterol. However, the healthy vegetarian is not in need of such protection and a spiritually sensitive meditator will be aware that they (onion and garlic) tend to arouse anxiety and irritation – passions which reduce serenity and peace of mind. The purer ones diet, the more the emotions remain in a state of equilibrium, bringing tranquility to the consciousness and greater clarity to the mind and intellect.

Message for the day

The best way to change others is to remain peaceful.

Expression: When there is behaviour seen which is not to my liking or approval, there is a tendency to get upset and worked up about it. So immediately, this is brought into words and actions also. Getting agitated or excited doesn't however solve the problem. When there is the ability to remain peaceful, the right solution is found and there is the right response to the problem at hand.

Experience: When I am able to maintain my inner peace under all circumstances and with all people, I am able to use the power of my thoughts to bring about a change in the mind of others too. I find myself discovering the power of my inner potential and am able to use it for my own benefit and that of others.

