



Tranquil Mind

You are a gentle soul who can speak to what is in the heart of others without saying a word.

Correction from Criticism

When there is criticism that comes one's way, there is a tendency to ignore or to defend oneself. Naturally we then lose the power to listen. We then find that we are not able to correct our mistakes and so they repeat. We thus find that we are not able to experience progress. We need to carefully analyze to see if there is any truth in any criticism that comes our way. If there is, correction can be made accordingly. When we listen to others with honesty, we are able to discover even the most negligible aspect in our behaviour which we can change. So we find ourselves constantly improving and progressing and moving on towards success. So having brought about a change, even the criticism that comes our way stops.

Creating Positive Habits

Some habits do not upset us, but others can cause irritation, frustration and desperation. We want to rid ourselves of them: but how? When we look at the creation and fulfillment of thoughts, it looks like a closed system: the thoughts lead to actions, the actions create a series of impressions (*sanskars*), and these impressions are responsible for similar thoughts, which lead us to similar actions, this is a vicious cycle. If we want to change a habit, then where do we start? In other words, where do we change the system or how do we get out of the cycle? First of all, we can try changing our negative actions: for example, stop a mental negative habit like anger or a physical one like drinking. In many cases, although we change our behaviour, but because we have not understood deeply why we wanted to do it, is quite possible that one day we will go back to this old habit.

We can try changing this system in our subconscious. By analysing what is recorded in our subconscious, through different therapies, the results are not altogether satisfactory. There is always some traumatic event, or painful experience behind a fear which causes us to cling on to a negative habit. And although we can see and recognise our fears and anxieties, if we do not replace them with something better, with a more beneficial and healthier alternative, very often we will feel tempted to cling on to these old systems, even though they do not work and they make us unhappy. To eliminate certain things we have recorded in our subconscious, meditation and silence are the most effect non-violent methods.

Another method is to try and change our beliefs with positive affirmations (thoughts) that strengthen our willpower, and thus introduce a new habit to replace the old one. It is vital not to repeat this affirmation mechanically, but to introduce it into the system of beliefs we hold, and act as if we already were what we express in this affirmation.

Soul Sustenance

Self Confidence

Self-confidence is very much linked to the understanding that I definitely have something to contribute to life through my own uniqueness. Each one of us is unique. That goes without saying. Unless a person has a sense of contributing, or offering, something to life, they cannot really be happy. I cannot be happy and confident when I am just taking; it simply doesn't work. I can only be happy when I am sharing and offering the best of myself. In that way, I don't feel depleted. When I offer the best of myself in an unselfish way, my happiness and confidence increases - the more I give, the more I receive. We start to understand that the well-being of individuals begins when they can contribute what they are, and what they have, to others. To be a truly self confident human being means to have true spiritual powers, like love, peace and happiness, which are brought into daily life - not just appearing as words or emotions, but truly displaying themselves in our behavior and bringing benefit to others.

Message for the day

To be fully responsible is to inspire responsibility in others.

Expression: When there is true responsibility, there will be freedom given to others too to be responsible. One's ideas are not forced on to others but there is full freedom for others to make their own choice. Support and guidance of course are given and people are able to become independent and responsible.

Experience: When I have learnt to take up the responsibility of my own life, I am able to become self-sufficient and independent and also constantly be available for those around me to become independent and responsible too. There are enough resources in me for those around to take benefit from.