



**Ark Hotel** – a futuristic see-through bubble Ark Hotel that can be adapted to suit both land and water is being billed as a “self-contained oasis”. It is built to stay afloat in the event of floods or rising seas.

### **Antidote to Stormy Emotions**

Are your emotions easily affected by people and events? If so, then like the sea, when the weather is calm your waves roll gently. But when stormy winds blow, you become wild and out of control.

If you make time to dive deep into the sea, beneath your emotions, you will experience a world of stillness and great strength. Then, you'll stay unaffected - resilient to the winds of change.

## Patience

Patience is a virtue and a power too. Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time. Patience teaches us not to rush. Knowing that there is a reason and a season for everything it enables us to smile at the challenges, realizing that there is an answer to every problem. And, even though we cannot see it, yet there is awareness that within every crisis is an opportunity.

### Cleaning Up The Cupboards Of Your Mind (cont.)

The first thing that meditation teaches us is to cleanse (clean up) the mind of the useless thoughts that it creates in the present moment. While your mind identifies with these kinds of thoughts and sees them as absolutely normal, it will not be able to concentrate. And if it cannot concentrate, it will not be able to cleanse in depth. Meditation helps you to live through that inner process without pain.

**From a space of love, experienced in meditation, you feel secure in order to open up the cupboards of your subconscious mind.** Do not open them before commencing (beginning) the practice of meditation, because the accumulated pain can be overwhelming and the loneliness experienced, when you see what you find inside, can terrify you. Because you are alone, with yourself, with your past and with your present and you are alone here, with your inner cupboards and your files. **In the silence of contemplative meditation you feel a divine energy accompanying you which helps you overcome this fear of loneliness.** You feel embraced by the energy and the presence of unconditional love, which it showers on you - it accepts you as you are, which makes the cleaning up process easier.

## Soul Sustenance

### The Location And The Form Of The Soul (Part 1)

When I look in a mirror I don't see my reflection but that of my body. The soul is actually looking through the windows of the eyes from some point inside the head. When viewed from the front, this region appears to be between and slightly above the line of the eyebrows. As the brain is the control centre for all of the various processes of the body - metabolism, the nervous, endocrine, immunological, and lymphatic systems - it makes sense that the soul be located somewhere in the brain. Just as the driver in a car sits behind the wheel with the steering wheel in his hands, the soul sits in a specific point in the centre of the brain. This is important to know for meditation purposes because it is the place to which attention is first directed in the effort to concentrate the thoughts: I am the soul, a tiny point of conscious light energy centered in the spot between the eyebrows.

(To be continued tomorrow ...)

### Message for the day

**To listen to others fully is to be able to be free from repeating mistakes.**

**Expression:** When there is criticism that comes one's way, it should be carefully analysed to see if there is any truth in it. If there is correction can be made accordingly. On the other hand, if others' criticism is ignored or there is a tendency to defend oneself, there cannot be any correction and mistakes are repeated.

**Experience:** When I listen to others with honesty, I am able to discover even the most negligible aspect in my behaviour which I can change. So I find myself constantly improving and progressing and moving on towards success. So having brought about a change, even the criticism that comes my way stops.