



### **Spiritual Language**

To create the future we desire we need a spiritual language; we must speak from the heart and in the language of the soul - a language of trust, faith and higher values, of inner growth, love and listening.

## The Moment

The most powerful anchor on our potential to soar high in life is the past. The past contains the dead weight of experience, learned beliefs and all our mistakes. Life cannot truly begin until we are able to say goodbye to the legacies of yesterday at will. Like a filing cabinet, the past is a resource of information for learning, but it is not a place to live. When you go to work do you spend your day in the filing cabinet? How often will you/did you live in the past today? Say goodbye and make it final. Saying farewell to yesterday, last month and last year is the sign of a person who wants to live for today and is truly alive to all the possibilities of 'the moment', while fully aware that all they think, say and do right now, creates tomorrow.

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### Uprooting The Emotion Of Worry (cont.)

In yesterday's message, we had explained how worry is the wrong use of the imaginative capacity of the mind and intellect. On the other hand, **imagining possible positive outcomes or results will have a double effect of not only keeping the negative outcomes away from us (even if there is a possibility of them occurring), but will also attract the positive results towards us.** But to ensure that both these processes happen, it's important not to attach possible negative results to the same, even to the minutest extent, otherwise the probability of positive futures becoming a reality reduces. Worrying is another word for this attachment process.

Worry is a type of mental habit, which arises from the belief that it's good to worry. This belief gets acquired during our childhood. And then it keeps getting strengthened from our life experiences. We start from this belief. That attracts negative circumstances; as a result the belief gets strengthened further, because you think that with life full of so many negative circumstances, it's important to think of negative outcomes beforehand. You don't realize that these negative situations occurred in the

first place largely due to this belief. When we are faced with a negative situation, again we worry because we hold that belief. Again it's the same result. In this way, we are caught in a vicious cycle. How do we come out of this cycle? By changing this belief to - 'it's not good to worry'. Once we do that, there is no guarantee that negative situations will completely stop arising in our life, because we have performed negative actions in the past (either in this birth or past births), which need to be settled in our present, but the extent of negative situations will be minimized. And even if they do come, they will bid goodbye sooner, if we have a worry-free consciousness.

## Soul Sustenance

### A Powerful Consciousness Of Faith In Critical Situations (Part 3)

In the latter part of the birth-rebirth cycle, as our accounts of negative *karma* increased, we have experienced large number of ups and downs in the four parameters explained in the last two days messages – **mind, body, wealth (or profession) and relationships. All these bitter experiences, which we obviously do not remember today, have weakened us and left deep scars on our subconscious mind and are in fact the main cause of the creation of *sanskaras* of fear, uncertainty, doubt, pessimism, etc. which we find in ourselves today.** Repeated experiences cause the formation of similar *sanskaras*. If we experience peace repeatedly i.e. we think about peace, visualize peace, make peaceful conversations repeatedly, *sanskaras* of peace are created inside us. In the same way each time something went wrong with any of the four parameters (mentioned above) in the past births; due to a lack of spiritual awareness and power, we experienced sorrow, pain, peacelessness, anxiety etc. and that caused the creation of similar *sanskaras* inside us. This is the main reason why today we find ourselves in a situation, when faced with a problem, we are not being able to have the faith in ourselves, that we can emerge victorious in the situation.

**We have experienced failure in the past births at different points of time and many times and that is why each time something goes wrong, although we emerge thoughts of victory we dilute these thoughts with a large number of weak thoughts, of possible failure.** This kind of a weak consciousness during problems is not only prolonging the time period of our problems but is also keeping the solution away much longer. Today, with the help of spirituality, we need to inject the power of faith in our thoughts, words and actions. For that, we need to increase our thought power tremendously, which will have an effect on our words and actions automatically. The food of powerful thoughts through listening to or reading spiritual knowledge and the experience of emotional power through meditation given to the mind only can heal the emotional scars inside us over a period of time, the result of which we can become full of fierce determination and will-power so as to weaken negative situations and not let situations weaken us.

### **Message for the day**

**As is the consciousness, so are the thoughts, words and actions.**

**Expression:** To have the right consciousness means to identify oneself with one's own specialities and powers and not to work with weaknesses. When there is such an elevated consciousness, then there is power in all thoughts, words and actions. Effort need not be put for specially making them powerful and effective. Even if they are tried to be made powerful without changing the consciousness the effort put goes in vain.

**Experience:** As I have a powerful consciousness and I am set firmly on this seat, no outside situation or person can disturb me or my internal state of mind. I am free from negative and waste and also from being ordinary. I am free from labouring and of having to fight with my thoughts in order to maintain the right thoughts. And I find that there is only speciality within. Others too are able to take benefit from this speciality.