



Japan's Volcano Eruption 2013

Accountability

I am never exempt from personal accountability. I Hear, I
Choose, I Decide, I Act.

To love God is to get attainments from Him.

If I believe that God is only waiting to punish me for my sins, I can only be God fearing. Then, I will not be able to experience benefit from Him. On the other hand, when I understand that God is an Ocean of love, I will be able to experience so much attainment by experiencing Him as a constant companion. I can then feel His help at each step, inspite of the situations. Today I will keep God as my Companion at every step. When God is with me I will of course keep a watch on my words and actions. Also where something unwanted comes my way, I can take His support and easily overcome these negative situations.

The Subtle Forms Of Fear

One result of being afraid is doubt. When a person is lost in a sea of doubts, they cannot believe in the solutions and answers that come to mind, they are not even willing to try them and experiment with them to see if they work.

Doubts can go to the extreme of creating such uncertainty and insecurity that the person suffers mental paralysis or emotional seizure. Then, they can enter a state of panic and become paralyzed to the point of not finding the initiative to be positive. The mind is filled with questions related to **How? What? Why?**

These questions are not asked in order to find answers but to prolong the doubts, or to remain on the defensive, or in a state of lack of commitment, where the person really does not want to listen or know.

Asking with the objective of being informed is different from doubt.

When someone wants to be informed, they ask constructive questions with an openness to learn and willingness to experiment. When there is fear, expressed in the form of doubts, jealousy, secretiveness or a competitive attitude, there is no willingness to learn. At the heart of all this is the fear of loss, whether it be of a person, position, possession or one's own image. Fears cause dependence, expectations, and conflict with oneself or with others.

Soul Sustenance

The Evolution Of Anger

We become a little irritated when we are stuck in a traffic jam and we getting late to reach somewhere on time, or we are not going to complete a particular task, as per our expectations or if someone whom we very well know decides to ignore us today, for some reason or the other. If this seed of irritation is watered, or in other words it is given the concentrated energy of our attention i.e. we continue with the irritation for some time, it slowly grows or evolves into frustration. Unless we take some constructive inner action to stop the growth of the frustration and we keep energizing it, it will grow or evolve into anger. And if this happens regularly and we are not careful, it will become a habit, a part of our personality, which we will finally come to believe is a natural part of your nature. We will even think we were born with it. That it is 'in our genes'. Every time we become angry we cause the production of certain chemicals in our body and we also become addicted to those chemicals – then we look for people and situations which will give us an excuse to get angry so that we can have our daily dose of chemicals. We not only become attached to material objects, people, ways of thinking, beliefs etc. - we also become attached to our emotions like the emotion of anger. The regular secretion of these chemicals will finally kill our body. We don't need to kill our body. We need to accept that anger is never ever productive, know that it is just not necessary to be angry with anyone or about anything, know that it is entirely our own creation and know that we can choose a different response. If we know and accept that, we will experience freedom from it.

Message for the day

To be constantly enthusiastic is to experience freedom.

Projection: When everything is going on well I find myself enthusiastic and have the interest to move forward. But when even a little thing goes wrong, I lose all enthusiasm to do anything else. This creates a bondage for me and I find it difficult to move forward.

Solution: I need to remind myself that to be enthusiastic in all situations is to be like a free bird reaching great heights. To lose enthusiasm according to difficult situations is to be like a caged bird.