



## Heal Yourself

The deepest wounds we all carry are locked in our subconscious (out of our awareness). Deep memories and subtle impressions, from unfinished experience, rooted in the past. The pain from those wounds comes to revisit, to block and paralyze us in the moment called now. We all know it comes without warning - "Why am I feeling this way, I didn't mean to do that, I don't know what made me say that." Healing does not mean finding and treating every single inner scar which send it message to haunt us. It means going even deeper, past those wounds, beyond those distant memories and recording of unfinished business, to the core of our self, to the heart of our spirit, where we find the light and warmth of our own core qualities of love and peace. They are eternally present within us they are what we need to heal all our inner wounds. That's why this kind of deep healing is called spirituality and not therapy.

## **Purity**

Purity of spirit is a beautiful state of being. It comes when we are willing to open our soul completely to the pure energy of God and let all the vestiges of negativity with us be gradually washed away. As purity increases, thoughts become simpler, fewer and infused with love and compassion for everyone we meet. Pure thoughts have remarkable power. Plans made in such a state of benevolence are blessed with success.

### **Radiating Good Wishes (Meditation)**

You need to get back your inner power by elevating your awareness and connecting with the Supreme Soul (God). In this way you can maintain the happiness, the peace that is within you and not be influenced by others or the atmosphere that surrounds you. That way you maintain your harmony. This gives you hope. In this meditation, we are going to fill ourselves with spiritual power in order to be a source of light that sends the light of love and peace to the broken and hurt hearts of many human beings - a source of light that takes hope to the life of others.

Imagine that God is in front of you like an endless fountain of supreme energy, of light and spiritual power... Think about his qualities that most attract you... he is the ocean of peace... the ocean of love... the ocean of happiness... the ocean of forgiveness...

In the same way as you look at the Sun and feel its rays of light and heat on your face, let this spiritual Sun (God) bathe you with its light... it fills you with spiritual power... it awakens your hidden potential... your original goodness... your greatness... You can feel the greatness of your being...

(To be continued tomorrow ...)

## Soul Sustenance

### The Causes of Fear (Part 2)

Yesterday we had discussed some of the causes of fear. Some more are:

- The desire to be recognized, appreciated and valued.
- Experiences of the past that have produced disappointment, insecurity, worry or emotional or mental exhaustion.
- Attachments and dependencies generate fear.
- The habit of seeing situations and people in a negative way.
- Dishonesty - When you have done things that you know are not right, you know there will be negative after effects, and this provokes fear within.
- The ego being afraid to 'die'. It justifies itself and resists. We wear masks that cover our true identity. We become selfish.

### Message for the day

#### Tolerance brings stability.

**Expression:** When one is faced with defamation or is accused of something, tolerance gives the power to remain stable and calm. So there is the natural ability to smile even when there is negativity that comes. Tolerance brings the recognition of the actual situation and the ability to see beyond the insults. This is possible because of being in a state of self-respect constantly.

**Experience:** When I am in my state of self-respect I am internally stable, whatever the situation outside may be. This is tolerance, which also brings humility. It is this humility that enables me to be a constant learner. So I find that in my stable state of mind, I am able to experience constant progress. Even insults do not stop me from moving forward.

