



Empire State Building and skyscrapers in midtown Manhattan, New York

## Deep Within

Just as the highest tower needs a deep foundation, so too our higher thinking is based on going deep within.

## Center Point

In a world that bounces from action to reaction, expression to opposition we are surrounded by polarizing opinions. The soul feels pulled in all directions. A state of duality internally pulls me apart. However when I find my center point - the center of myself - I find a quiet place that is untouched by the push and pull of daily living and the tensions of a seriously tense world. It's time to be whole, beyond polarity by staying in my center.

## Taking Time Off From Busy Lifestyles

**Gone are the days when 'idle' was not just a word in the dictionary, but a practical reality and life's inclusive component.**

The world is dazed and squinting and so are we. When did you last sit on the window pane looking out at the squirrels or the sunset? Or when did you last read a book on self development or spare a few minutes for spiritual relaxation? Or when did you last spend an idle weekend shopping or with your family? Or when did you meet your old friend for a lunch and laughed till your eyes dropped? If you were to ever pass through a busy market place, you will have plenty of time to observe the running men and women with blank faces. Who has the time to smile? To stop where you are and thank God for the life you have.

**Being busy is now not just an activity but a disease.** People who are working day and night have an obsession for it, also called workaholicism (being a workaholic). They can't sit idle and anxiety takes over when they do so. The day isn't far when humans will be called sheer machines. Today, the lifestyle of a child to that of an aged person is such that there is no scope for personal time. A student's timetable is like a train schedule. Just one after another. From school to tuitions, from tuitions to vocational classes, then to the sports complex and again to another tuition. A corporate professional's day moves from one assignment to another revolving around the emotions of \* I need, \* I want and \* I own, without ever thinking of rising above the monotonous existence. **Is speed is what we are born for?** We cannot only blame our lifestyle. There are more internal causes you would guess, like meeting expectations, pleasing everybody and reaching your idol self, your goals and ambitions is what makes you work like there's no tomorrow.

(To be continued tomorrow ...)

## Soul Sustenance

### Understanding The Different Types Of Thoughts That The Mind Creates (Part 1)

By understanding each one of the thoughts that the mind creates we can keep the beneficial thoughts and discard those which are useless or harmful. Today we explain:

#### **Necessary Thoughts**

Necessary thoughts are those relating to your daily routine, such as, \* What am I going to have for dinner? \* What time am I picking up the children from school? \* What is the number of my bank account? \* What have I got to do today? They are also thoughts connected with your profession or job. These necessary thoughts relating to your daily life come into your mind according to your responsibilities and needs at a more physical, material and professional level. When these thoughts are repeated over and over again, they become unnecessary or waste thoughts.

(To be continued tomorrow .....

#### Message for the day

**To make thoughts as pure as the actions is to be truly elevated.**

**Projection:** There is usually attention on the self not to perform any negative acts. There is also considerable attention not to speak any words that are harmful or negative. But very rarely is there that attention on the thoughts. Because of this a lot of negative thoughts tend to remain in the intellect causing trouble for me.

**Solution:** I need to understand the fact that my thoughts form the basis for my words and actions. The more I pay attention to make my thoughts positive, the more it will make a positive impact on my words and actions too. Constant awareness of a positive thought enables me to maintain my own inner positivity.