



Rest Easy

Rest does not come with sleeping, it comes with waking. This is both an insight and an action of enlightenment. When we are enlightened we realize that real rest is possible only when we become free of illusion and we no longer struggle against life. Illusion is the idea that people should be, and do, what we want them to. The truth is, all is as it should be, despite appearances, or our perceptions of others to the contrary. This means you can be easy on yourself, easy with others and easy with the world around you. Easiness is a virtue, an attractive one at that. It is much more influential than force. So quit forcing, end the struggling and...relax!

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.

Honour Promises

Often we make promises that we're not able to fulfill.
Failing to keep promises leads to a breakdown in trust.

So avoid making promises you can't keep.

Before you make a promise, think twice and be realistic about what's possible.

Realize that you have limited time, energy and resources.

When we honour our promises, we gain self-trust and the trust of other people.

Message for the day

As are the thoughts, so is the quality of life

Thought to Ponder: It is said that chanting brings happiness and benefit. Real chanting is remembering those things which bring beauty to my thoughts, and not just repeating the words. Throughout the day, when I go on remembering and experiencing these positive things, they further get sustained. This continues and these thoughts help me even when things are not going good. Thus, the quality of life gets better by the day.

Point to Practice: Today I will take one point to practice internally. This could be a simple thought like "I am special with my own unique set of specialties" or "God is my Companion at every step". This will help me sustain a positive experience throughout the day.